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November/December 1985

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USGF GYMNASTICS

The Official Publication of the United States Gymnastics Federation

NOV./DEC.

VOL. 12 NO. 2

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on the cover

Joining the Veterans of America Co., artist a dramatic and finished piece depicting the World Championships Team Trials recently in Eugene, Ore. Michelson was up to her usual form on the look first in the cover and about of Keith Johnson. For more information about the trials and for the latest results from Budapest and Moscow, please turn to page 25 in this USGF magazine, please see Stand To LA 80 (photo by Gary Black)

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USGF Gymnastics

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USGF GYMNASTICS is printed bi-monthly by the United States Gymnastics Federation. Subscriptions must for 6 issues are \$24—\$12 (U.S. currency) and foreign—\$42 (U.S. currency) for mail. Single copy price is \$3.00. Copyright © 1985 by USGF. All rights reserved. Printed in U.S.A. Members: Please Send 11446, 101 West Washington St., Indianapolis, Indiana 46204. No responsibility is assumed for loss or damage to unsolicited manuscripts or artwork. All editorial contributions should be accompanied by self-addressed stamped envelope. Executive and editorial offices located at Merchants Plaza, Suite 11446, 101 West Washington St., Indianapolis, Indiana 46204.

Views expressed, identified as the contrary, all articles, statements and views printed herein are contributed solely to the editor and the United States Gymnastics Federation expresses no opinion thereon and assumes no responsibility therefor.



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UNITED STATES GYMNASTICS FEDERATION

Gymnastics Safety Guidelines

1. **ASSUMPTION OF RISK.** Participation in gymnastics activities involves motion, rotation, and height in a unique environment and as such carries with it a reasonable assumption of risk.
WARNING! Catastrophic injury, paralysis or even death can result from improper conduct of the activity.
2. **COMPETENT SUPERVISION.** Do not participate in any gymnastics activity without competent supervision.
3. **POTENTIAL MEDICAL EMERGENCIES.** Instructors/supervisors should be aware of the potential medical emergencies that could occur in gymnastics and be prepared to adequately respond to them in an appropriate manner.
4. **BE PREPARED TO PARTICIPATE.** Dress appropriately, follow accepted warmup practices, and be mentally prepared to engage in the activity.
5. **CAREFULLY CHECK EQUIPMENT.** Before directly engaging in any gymnastics activity, make sure the equipment is adjusted and secured properly and that adequate matting appropriate to the activity is in the correct position.
6. **CARELESSNESS CANNOT BE TOLERATED.** Gymnastics is an activity requiring acute concentration. **Horseplay** or any other form of carelessness cannot be tolerated at any time for any reason. Consult your instructor.
7. **FOLLOW PROPER SKILL PROGRESSIONS.** A safe learning environment includes a correct understanding of the skill being performed and following proper skill progressions. When in doubt, always consult your instructor.
8. **MASTERING BASIC SKILLS.** Safe learning practices demand mastering basic skills before progressing to new and/or more difficult levels.
9. **ATTEMPTING NEW AND/OR DIFFICULT SKILLS.** The readiness and ability level of the performer, the nature of the task, and the competency of the spotter all must be taken into consideration when attempting a new or difficult skill.
10. **PROPER LANDING TECHNIQUE.** Safe dismounts, as well as unintentional falls, require proper landing techniques. No amount of matting can be a fail-safe. Avoid landing on head or neck at all costs as serious catastrophic injuries may result.

For more information about gymnastics or additional educational materials, write the USGF Education Department, Merchants Plaza Suite 1144E, 104 West Washington St., Indianapolis, Indiana 46204.



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Planning is good business. It makes good sense. eliminates problems and makes us more productive. Also, it usually helps to save money.

Early planning and good planning can help practically every situation. Booking travel arrangements early helps guarantee lower fares and helps make sure you get to your destination when and how you want to.

I am sure if you evaluate all the projects you've been involved with in the past, the most successful were probably the best planned. Taking the time to evaluate, review, organize, budget and prepare will always help guarantee success.

It is hard to say that a good businessman will spend half his time planning. How much time do you spend?

It seems difficult to take time from "doing" to just think about it. However, if the time is well spent, it's to your advantage. So we've all agreed, planning is important. What's the next step?

With the 1994 Olympic Games right around the corner, don't get caught after the games are over disappointed that you missed the

opportunity. It is critical now that we all take some time to evaluate our programs, identify our problems and determine our potential goals, objectives and strategies. Think about the potential the Olympic Games and its exposure will offer all of us. Gymnastics will be a featured event with world wide exposure and recognition once again. It is imperative we take advantage of the opportunity and we will probably never see it again.

How can the increased exposure, television coverage and media coverage help? There are lots of ways!

Thousands of children and parents will be interested in getting involved in gymnastics. How will they know how to contact you? How do they find out about your club? There will be many agencies and support groups that will seek involvement with gymnastics, Parent/Teacher Associations (PTAs), Rotary Clubs, Kiwanis Chapter of Commerce's chapters. Do you know how to reach these organizations?

Your exposure and visibility in the local community is crucial. Take time to prepare some information for the local newspaper. Send in photos, call in meet results and keep the media advised of your activities. Besides informing the public about your club, it is also a very good way to generate spirit among club members.

Involve the community in your fund raising. Provide prizes worthy, special at your events such as Senior Citizens or preschool discounts. Encourage your students to keep your image in the public eye by wearing your team jackets, selling your gymnastics t-shirts at meets and getting parents and friends involved.

Your planning now can better prepare you for all the advantages you will have available to us this coming year. Don't do it! **Highlight is always 20-20** Your efforts now will be very well worth the awards you will achieve.



Executive Director

Gymnasts A Special Breed

There is an old adage that the "best things in life are free." I would like to paraphrase that and say that "the best things in life are unexpected." At the recent USGF Coaches Congress in Winston on D.C. I was honored greatly as the recipient of the Service Award for "Coaching and Sports Administration."

I was so shocked that I could not even speak, in point of fact, as I approached the dais I found that I could not stand and/or pass out. As many of the gymnastics heavyweights who preceded me had already finished (Debbie Dunst, Dr. Jerry George, Phil Cahoy, Jr.), to be recognized by your peers is one of the greatest things in life, however to have been allowed to come on to gymnastics as an old foot ball coach and observe the friendship, confidence and love that has been shown to me by the gymnastics community transcends mere peer recognition. It speaks of something greater, something which makes gymnastics the most special of all sports.

The award which I was presented belongs to many people, too many to name here but, anyone who ever allowed me to listen on a meeting, constructively criticized me, showed the confidence to let me run a race, helped me with a stroke, said that they cared... they were honored at the same time.

We are a sharing group so where in sport do people give a way so much knowledge, friendship and love. Thank you all who have helped me and to be honest, I would rather have the award than the car. It takes longer to drive it.

Robert Corwin

UNITED STATES GYMNASTICS FEDERATION

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Brian Babcock Uses Injury As A Learning Experience

By Mike Becklin
USCF Editor

A student's practical experience has become just as important as the education received in the classroom, and graduate student/gymnast Brian Babcock is doing his best to combine the two. Babcock, who attends and trains at Southern Illinois University (SIU) in Carbondale, has a double major in coaching and injury prevention with a minor in psychology.

"My major area of concentration is on rehabilitation," said Babcock. "In a coaching situation this will help me evaluate the athlete, and treat him properly so an injury will be less likely to occur."

Babcock now has a chance to practice what he preaches using himself as the patient. Soon after he "was the right to compete" at the World Championships in Budapest, Hungary, Babcock's gymnastics career suffered when he landed a "scissor-back." While doing an exhibition for a friend in Houston, he sustained an injury that would have broken the spine of most.

"I was doing a simple exercise, a front somi, when I heard a loud snap like breaking a pencil. I knew right then I was injured," he said. "After I landed I looked at my leg and I knew something was wrong when my right knee cap was half way up my thigh, and I could almost push my finger through my knee."

When the damage report was in, Babcock said, "the doctor said I tore the patella tendon in my right knee. That been having trouble with that knee for years and the doctor said the conditions were just right for it to go after the operation, he (the doctor) said it looked like the tendon might have been partially torn before. Now both of my knees have been operated on."

"It is very hard for an individual to take a positive attitude where there are so many negative aspects he can think about. I am just going to make myself a better gymnast. You have to be positive. I'm looking to be back to full strength in six months."

After rising to the point of getting to compete in one of the biggest gymnastics events in the world, Babcock was now on crutches back on the Southern Illinois campus. Mentally this could have destroyed him, but Babcock took this injury as a personal challenge.



Brian Babcock (above) takes a breather during the World Championships Team Trials. (left) Babcock sits in hospital bed while completing his rehab. Babcock made the World Championships Team but was unable to travel to Budapest, Hungary due to a knee injury sustained during an exhibition in Houston. (photos by Dave Black)

"It is really disappointing not to be able to go to the World Championships and compete," he said, "but my feeling is, I wasn't demanded to go. I have a tendency to be plagued with bad luck, so I look at things positively. I don't look at the injury as a setback, it's just another obstacle to overcome, another hurdle in life. Even though I'm not going to compete, it's very satisfying to tell myself, I made that team to go to the World Championships. To me, I got something out of the hard work and training I put forth and that's something nobody can ever take away from me."

Even with his injury, Babcock's goals haven't changed and are ones shared by every National Team member: the Olympics. "Ever since I started the sport, the Olympics is what has actually kept me going." Now the Garden City, Kansas native needs to refocus his energies for a comeback, if that is possible. Babcock believes it is.

SIU Student States Olympic Comeback Possible



know I have the time to recuperate, so I'm not going to rush it," he said.

Playing with pain. In football this phrase is overused but in gymnastics it's not something someone outside the sport would think of. "I've been unwell with the kind of pain I can deal with. When I have no concept, the competition becomes more important than the pain and I mentally block it out. As far as landing on the knee for the first time since the operation, I'm going to play that by ear. I'm not going to worry about it when I finally do it." This is where he will be able to take advantage of his education in injuries and psychology.

Because of his track record of injury, Babbcock can relate to both the athlete and the coach. "When you compete at the high school level, you have to play with pain. Ideally you would like to be in perfect health but that doesn't always happen, so a coach has to know when to lay off and when to push. I think some athletes could make the decision of whether they can play hurt or not, but some are dumb. If there is a situation where the coach, trainer and athlete all communicate well, that aids in making the proper decision for the good of the athlete," he said.

Gymnastics gives Babbcock an outlet to do what he enjoys the

'It is very hard to take a positive attitude when there are so many negative aspects he can think about . . .'

most, to compete. Inspired by his college coach, Bill Meade, Babbcock has become a world class athlete and the competition brings out the best in him. "I get a big thrill out of finishing a routine and listening to the reaction of the crowd. I also find satisfaction in training, hard for an event and then turning in a good performance. There's no feeling quite like it. It feels great and that's what it is all about."

According to Babbcock, Meade hated him away from attending the University of Oklahoma to come to the pretty barren soil surrounding Southern Illinois. "I was sold on Oklahoma," said Babbcock. But after visiting SUI, "I really liked the atmosphere of the school and Coach Meade showed a lot of interest in me. He came across as not just wanting to coach at the state level, but at all levels and that impressed me. He thought I could become a good gymnast. I have no regrets about going to Southern Illinois. I am very happy here."

The life expectancy of a gymnast after he or she decides to hang up the amateur leotards isn't very long, and that decision is cropping up on Babbcock. "I haven't decided if I want to coach at the college level or in a private gym. I am currently going after a masters in biomechanics and should complete the coursework in another two semesters."

There is one thing Babbcock knows for sure though, and that is the people in the sport have hearts of gold. "The people in the sport are a close knit group of individuals. You aren't competing against everybody else, you are competing against yourself," he said. "I think that is the great aspect of our sport. I can train at the University of Nebraska if I want to, and nothing will be said. Other coaches and athletes will help you with problems you might have and you won't find that on too many other sports. Many gymnasts only have a unique skill or trick they do better than anyone else and rather than keep it to themselves, they will share it and try to teach it. Sometimes the skill you teach another gymnast will help him to beat you. We all share the same attitude about the sport and the learning aspect, that's why I won't be devastated if I don't make it to the Olympics. The top 12 gymnasts are so close that on any given day any one of us could be in the top ten. Whatever the outcome, I know we have built a strong program and will be sending a strong team to represent the United States."

Summing up, Babbcock vowed, "I'm going to be back. The last time I had a major injury I went from 10th to 6th on vault out."

'...I am just going to make myself a better gymnast. You have to be patient. I know I have time to recuperate, so I'm not going to rush it.'

Liability A Concern In Youth Sports

JUDGES AND THE LAW

Editor's Note: The following introduction was written by Joanne Smith-Baroness, N.A.W.G.'s National Director.

During the 1993-1994 gymnastics season, N.A.W.G.'s members felt growing concern and consciousness in the area of gymnastics safety and judges liability. Bill Dougherty and David Feigley were asked by N.A.W.G.'s to research the topic. Their informative article follows.

After reading "Liability: Who Judges the Judges" attorney Jan Wilbur was employed by N.A.W.G.'s to assist judges in becoming more informed and legally protected in this "age of lawsuits." His article on "Officials and Liability" also follows.

In addition to employing the help of experts to raise our own awareness and educational level, the N.A.W.G.'s attorney has devised a Master Agreement to be used by all assigning officials which is supplemental to our Host Directors and Officials contract. This agreement clarifies, through contract law, the duties of most personnel.

N.A.W.G.'s has concluded negotiations with Boly, Martin and Fay to secure additional liability coverage for its membership.

The National Governing Board strongly feels that these efforts to generate information articles, the development of a Master contract, and securing of liability insurance protection will help judges to feel more secure in dealing with liability issues, as well as creating a more positive and safe environment for gymnasts.

LIABILITY: WHO JUDGES THE JUDGES

By Neil J. Dougherty
David A. Feigley

The principles of liability have always been of concern to those of us who plan and implement programs of youth sports. The recent escalation in the number of suits, the size of the awards demanded, and the consciousness increase in insurance rates, however, has served to elevate this legitimate professional concern to the level of panic.

While we have found no significant court judgments to date which have rendered a negative decision regarding the alleged negligence of an official, numerous such cases have been settled short of trial. Despite the relative scarcity of case precedent, it is clear that a sports official may be liable for failure to properly execute their duties with regard to meet control and supervision.^{1,2} Hygund and Isomae have rightfully concluded that:

"...officials appear to be the agents of the schools or organizations who hire them and must meet the standard of care of a reasonable and prudent official."³ While not to be reasonably urged that others, such as meet directors and coaches, have a responsibility to control and supervise an athletic competition, the official is not thereby freed from that same obligation. It is essential, therefore, that all persons concerned with the development and conduct of gymnastics meets have a clear understanding of the interaction between the duties of the officials and the potential for injuries and subsequent litigation.

This article is intended to illustrate the potential liability problems facing meet officials. These must be viewed in light of certain relevant points:

- a. **There are no definitive answers.** The guidelines presented are based upon generally accepted precepts regarding sport

in general. The body of case law regarding officials is too small to permit meaningful conclusions.

- b. **The merits of any specific situation are, in the final analysis, decided by the courts.** When all is said and done, only the court can determine whether or not a given person or persons had a legal responsibility or committed an act of negligence. In general, until a sufficient body of case law exists to allow for reasonably predictable, one can expect considerable variance in legal opinions and case results.
- c. **The wise professional utilizes potential liability problems as guideposts for improving program safety.** There can be no liability if there is no injury. While everyone concerned with sport recognizes the impossibility of preventing all accidents, the goal of each professional should be to recognize and remove every hazard which is reasonably within his/her control. Evading the issue and/or attempting to shift responsibility to others does nothing to increase the safety of the participants or, for that matter, absolve us of our own responsibilities.

Three major factors which are, to a greater or lesser extent, within the scope of responsibility and control of meet officials can be identified in primary causes of preventable accidents and subsequent lawsuits. These are: 1) unsafe facilities and equipment; 2) inappropriate activities; and 3) injury.

Unsafe Facilities and Equipment

The meet director is charged by the rules and policies of the United States Gymnastic Federation (USGF) with the responsibility of ensuring the safety and appropriateness of the facilities and equipment used in the meet. This would include the physical layout of the apparatus, the security of its installation, its adherence to appropriate standards and specifications and its continued safety throughout the meet. There are, however, two primary ways in which the judge can reasonably be expected to become aware of dangerous conditions within the environment and thus required to take action. **Constructive action** is the result of the normal visual observation which should be an integral part of the judges' duties. **Actual notice** occurs when another person brings a hazardous condition to the attention of the judge. Coach or gymnast

No gymnast should be allowed to compete without an appropriate warm-up. Several simple substitutions are possible such as allowing warm-ups to be alternated between competitors.

complaints regarding a cracked bar or shifting mats would be examples of actual notice, while the absence of required landing mats or a missing T clamp on a set of uneven bars should be detected as part of a normal pre meet inspection procedure thus giving rise to a constructive notice situation. In either case, the judge has a clear responsibility to take immediate corrective measures to safeguard the welfare of the gymnast.

Inappropriate Activities

Like coaches, the meet officials must shoulder a portion of the burden of ensuring the appropriateness of the individual skills and routines attempted by the gymnast. While the initial selection of skills is clearly beyond official control, if a gymnast's skills become so dangerous that a gymnast is at risk due to a skill delivery or dismount, they are obligated to take corrective action. If, for instance, a gymnast, during the course of a warm-up shows clear evidence of

pain and lack of control due to a previous injury, and if in the professional judgment of the officials the gymnast is not capable of safely executing his/her competitive routine, the referee should not be permitted. Similarly, the officials must not hesitate to withdraw gymnasts from competition if it becomes apparent, either through performance breaks or general observations in the routine that they are not equal to the demands of the situation. Decisions to prohibit participation, continuance, or performance of a specific element within the routine would best be made in consultation with all meet officials and the meet director, thus reducing the effectiveness of subsequent complaints regarding alleged bias in the decision making process.

Quality Supervision

Supervisory adequacy is a matter of quality and quantity. Those persons responsible for organizing a gymnastics meet must be sure to contract for enough officials and be sure that each of them meets appropriate professional standards. Although entry as an official is the only mandatory certification requirement, United States Gymnastics Safety Association certification or other evidence of specific safety training in addition to the certified knowledge of the rules would be a very strong argument against an allegation that one hired an official who did not meet appropriate standards of quality.

The nature of the gymnastics meet is such that gymnasts, during the performance of their events, are receiving specific supervision from more than one official. There can, therefore, be no reasonable professional justification for a failure to observe signs of danger and to take immediate action. Making a decision to stop a performance for safety reasons, however, is anything but the simple matter it may seem to the uninitiated. The official is in the unenviable position of

being forced to decide during the course of an activity that lasts only seconds, whether sufficient danger exists to justify stopping the action. If he/she is overly conservative, he/she must face the wrath of coaches and gymnasts who will feel they have been unfairly robbed of their chance to perform. If, on the other hand, the official errs in the opposite direction, a serious injury may result. Indeed it is a classic example of medical pressure and minimal time.

Given the difficulty of the decision making situation, the official would be well advised to get a head start on the problem by carefully observing the performance during warm-ups. While there are sound arguments against possible prejudicial influences from watching warm-ups, there is also a clear opportunity to detect unnecessary risk factors or near impossible elements in individual routines. Since the problem of underprepared athletes is far more acute at the lower levels of competition, a reasonable course of action might be to carefully scrutinize the warm-ups of lower level athletes while allowing more latitude for performance at the elite level.

While again does not permit a thorough analysis of the legal impact of all safety decisions which may be required of an official, the following questions are representative of those most typically asked:

What is the responsibility of the official with regard to the physical layout of the competition?

While the meet director is responsible for the overall set up of the apparatus and floor plan, the official is obligated to be sure that the layout is safe and meets the standards set forth by the nation

(see JUDGE, page 12)

OFFICIALS AND LIABILITY

By Jim Wilbur

Liability as a word has earned a reputation in the 20th century similar to that held by the scary word plague in days gone by. Like the plague, liability can strike at the unsuspecting and the innocent. And, although liability may not be fatal in terms of life and death, it will almost certainly be devastating and will leave a lasting impression on one who incurs it. Liability is, then, something to be avoided if at all possible.

Why all of the concern about liability from an organization such as N.A.W.G.J.? Because, the potential for liability by sport officials for injuries suffered by participants in a sporting event is with a very real problem. One example should suffice to illustrate the point. In a New Jersey high school football game, a player suffered a vertebrae injury while attempting to make a tackle causing partial paralysis. The player sued, among others, the game officials alleging that field conditions contributed to his injury. The field was allegedly extremely muddy from rain and there was apparently a rule allowing game officials to suspend play when, in the officials' judgment conditions justified suspension.

Although cases involving liability of officials for sporting events are few in number, they seem to be proliferating. Because the stakes are few in number, general legal rules regarding when and under what circumstances officials may be liable are difficult to formulate. However, since courts in general seem to be more amenable to accepting unique cases and since attorneys have become very adept at finding legal theories to implicate the previously untouched officials, lack of legal precedent does not prevent the litigant that it once may have.

For most N.A.W.G.J. members, judging is a "part time" avocation rather than a full time occupation pursued more out of personal interest and enthusiasm for the sport than for any economic gain. Then, to be suddenly challenged with the prospect of a debilitating law suit seeking to impose liability for an

injury suffered by a participant at a gymnastic meet, is at best a frightening expectation.

There are, however, several means available to minimize, eliminate, or protect against potential liability for N.A.W.G.J. member. A few suggestions are as follows:

A. Clarification of the duties and responsibilities of judges:

1. Insist on a contract between N.A.W.G.J. and each meet sponsor. The contract should specify that thereby responsibility of the judge or judges assigned to the meet is that of judging according to applicable rules and regulations.
2. Through proper training, insure that all judges are completely familiar with all rules and regulations. An example would be Chapter Eight, Section 1 (c)(3) of the United States Gymnastics Federation, Rules and Policies, governing competition sanctioned by The Women's Committee, 1993-95 which require the meet Director to make sure all equipment specifications are correct and equipment is properly installed and to make sure all safety measures are considered including ample physical space for each event without overlap.
3. By Contract and through rule and regulation amendment where necessary, insist on authority for judges to enforce the rules. For example, if equipment is not properly installed, give the judge the authority to stop a meet until the deficiency is corrected. It has been suggested that judges may have continuing responsibility to monitor equipment for safety defects. However, the International Gymnastics Federation Code of Points, Article II, paragraph 4 requires that a judge must not leave his/her place during competition. If there is to be a responsibility, there must obviously be a rule change to allow for performance of the responsibility and a supporting authority to enforce the rule.

B. Individual protection for judges:

1. Insure by contract, or by rule or both that each individual

(see LIABILITY, page 12)

JUDGES

(from page 11)

ing body. Additional guidelines regarding the positioning of apparatus, mats and appropriate buffer zones between competitive events can be found in the *Gymnastics Safety Manual*.⁴

What happens when an apparatus problem develops or is noticed during the course of a meet rather than before?

The official must maintain surveillance over the equipment throughout the meet. A problem, whenever noted, must be corrected before another gymnast is allowed to use the piece. The difficult judgmental decision arises when the defect is noted during the course of a routine. In such a situation the official is required to make an instantaneous decision. If continued participation poses a greater hazard than immediate action to stop the routine, then the routine must be stopped.

To what extent are the officials responsible for the selection of the type and quality of the equipment used in any given event?

The official is obligated to insure the fact that all equipment complies with the competitive standards of the sanctioning body and that it is properly and safely set up and adjusted. Decisions regarding cost/value and brand choice are of no concern.

What actions should be taken when a gymnast appears to be working above his/her skill level?

If the problem is noted during the warm up, the gymnast should not be allowed to compete until the officials are satisfied that the problem will not create an undue hazard. Specific solutions might include spotting by the coach during particular portions of the performance or elimination of the specific skill or sequence of skills about which the judges are concerned. If the problem is noted during the event, the officials have a more difficult decision to make. The best rule of thumb to follow is when the physical diagnosis of continuance exceeds those involved with interrupting the routine, the event should be stopped.

How should one handle a situation where a competitor arrives in time for the competition but too late for a proper warm-up?

No gymnast should be allowed to compete without an apparatus warm up. Several simple solutions are possible such as allowing warm ups to be alternated between competitors, reordering competition within the event or the provision of separate areas or rooms for warm ups. If, in the opinion of the official, no warm up provisions can be made without giving an unfair advantage to the early gymnast, then competition should be disallowed for that individual.

What should be done regarding continued participation after a traumatic fall?

The first and most obvious decision is clearly covered by the rules. Gymnasts who cannot resume their routine within sixty seconds after a fall may not continue the event. The difficult decision arises when a gymnast appears to have been stunned or weakened by the fall but is attempting to continue within the prescribed sixty second time limit. In this situation, two options are available. The officials may elect to briefly extend the time limit if in their minds it will better protect the gymnast and allow a more informed decision regarding preparedness. If, on the other hand, it appears that a brief extension would serve no productive purpose, the gymnast should not be allowed to continue.

What should officials do when the rules and regulations appear to run counter to their personal judgment regarding the safety of a particular situation?

The important thing to remember is that the health and safety of the gymnast must be the most important factor to be weighed in the decision making process. If the potential severity of an injury is very minor and the likelihood of its occurrence is very remote, then other factors such as desire to participate, potential future advancement, team points, etc., may be given weight in the decision. As the potential severity and likelihood of the injury increase, however, the issues of safety must take absolute precedence.

Remember, if you have to choose between an elite coach whose gymnast has been prohibited from participation in spite of a permissive rule, and a seriously injured performer, there is really no question of choice. While the former situation can result in a certain amount of controversy, the latter can result in an injured child and a major litigation as well.

One final point should be made. As people become more informed about liability concepts, they often become frustrated about what seems to be an increase in the breadth of their professional responsibilities. In point of fact, their responsibilities have not increased at all. They were just so obligated before they became informed as they are afterward. While ignorance may have seemed blissful, ignorance in no way reduces a person's responsibility or liability exposure. Informed professionals, however, are best able to take positive steps to reduce the risk to the athlete and the resultant liability exposure to themselves. Further, while liability does raise the specter of lawsuits and does heighten a legitimate need on the part of individuals and organizations to protect themselves from the financial repercussions of negative legal judgments, the responsible person must consider that for virtually every lawsuit in sport there exists a serious injury often resulting in a disability or even the death of an athlete.

LIABILITY

contestant have her own insurance protection.

2. Insure that each meet contract contains a provision for indemnification of judges for any losses suffered as a result of judging duties at that meet, including indemnification for legal fees and costs incurred in defending against such a suit or threat thereof.

3. Obtain, through the meet director, a waiver from each participant in the meet excluding judges from responsibility for injury or loss suffered by the participant.

4. Continue to improve the quality and capability of each judge through mandatory and continuing training with added emphasis on how to spot potential problems and how to deal with those problems if they occur.

5. Obtain a group or individual insurance protection for N.A.W.G.F. judges as a last line of defense.

C. General Alternatives for Eliminating Potential Liability

1. Work with and through the U.S.G.F. and other such organizations to improve coaches training. If training for judges is made mandatory on a continuing basis, there is no reason why coaches should not adhere to some minimum standard. This could help in such areas as entering a gymnast in a level of competition beyond her capabilities or allowing a participant to compete without proper warmups.

2. Work to require periodic checks of meet equipment by experts trained to detect defects and provide for a periodic use of that equipment for meets.

3. Work to require an "on house" qualified doctor for each meet. The doctor could then have the final word on whether a participant would be physically capable of continuing with a performance. This precaution is standard in amateur boxing. There is no reason why the diagnosis of any injury should be left to a coach, meet director or judge.

4. Work to require a certification procedure of the physical facility to be used for a meet. Standards, such as ample space for meet events and for warm ups should be set and verified as part of the certification.

5. Organize and present seminars, brochures, films, etc. to N.A.W.G.F. members and other interested groups (coaches, meet directors, etc.) to make them aware of problem areas and how to eliminate those problems and the resulting liabilities.

Common Knee Problems in Gymnastics

Ned C. Small, M.D.
Sports Medicine Editor

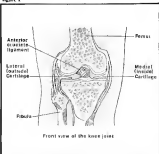
Knee injuries are very common in all sports. Knee injuries in gymnastics have been shown to be one of the most common causes of time lost from workouts and competition. Garrick and Rejesi found 10 percent of gymnasts in their combined study of high school, club and college athletes had knee problems. Only the spine and ankle were found to be acutely more frequently involved.

In the recent study by Garton Winkler and Ron Garton, presented at the 1982 USGF National Congress in Fort Worth, Texas, the knee was found to be the most common site of over-use syndromes. Over-use syndromes are injuries resulting from repetitive use and multiple minor traumas rather than a single acute episode of injury. This study from Cleveland included 875 gymnasts, both male and female. There seemed to be particularly high incidence of knee problems in the Class I gymnasts. The types of knee injuries seen in gymnastics are different than those seen in other sports such as football, basketball and running.

Knee ligament injuries in gymnasts are historically uncommon when compared to the incidence of ligament injuries seen in other athletes. Injuries to the collateral ligaments (Fig. 1) on either side of the knee are rare because these usually occur as the result of a direct blow to the knee. Injuries to the anterior cruciate ligament (Fig. 1) however, are often the result of a twisting maneuver and are unfortunately seen with more frequency. With an injury of this nature, the athlete feels a "pop" or sudden tearing in the knee at the time of injury. The knee swells rapidly and is quite painful. Obviously, the athlete with a knee injury of this magnitude should be seen by a physician for evaluation of the knee as soon as possible. A complete tear of the anterior cruciate ligament may require a surgical repair depending on joint laxity and other factors.

Knee cartilage injuries (Fig. 1) are not uncommon in gymnasts. These usually result from activities which cause hyperflexion of the knee or flexion and rotation. The athlete may describe a grinding in the knee at the time of injury but usually not a loud "pop" as seen with a cruciate ligament tear. Knee swelling usually occurs, but over a period of several days

Figure 1



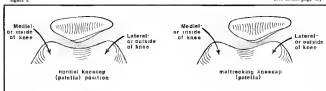
and usually not within the first 24-48 hours. The diagnosis is often made clinically by examination.

Another means of diagnosing these problems is arthrography, where dye is injected into the knee to coat the cartilage for visualization. Arthrography is not as commonly used now as in previous years because of the evolution of arthroscopy. Arthroscopy is the technique of visualizing the interior of the knee joint using a small telescope. If a cartilage tear is identified, it can often be corrected arthroscopically, thus resulting in an open surgical procedure. This speeds recovery significantly. Unfortunately, not all injuries to the knee cartilage are amenable to treatment arthroscopically. Some require an open operation resulting in a somewhat longer recovery time.

Involvement of the kneecap (patella) in gymnastics is now known to be very common. Kneecap difficulties may be of a severe nature such as a complete dislocation or major partial dislocation of the kneecap. Other types of less severe but still significant involvement include kneecap patellar tendinitis (Fig. 2), chondromalacia and jumper's knee (Fig. 3). Chondromalacia by definition implies permanent structural damage to the joint surface of the kneecap. Very little of any structural damage to the joint surface of the kneecap is actually encountered in young gymnasts. As a result, the diagnosis of chondromalacia is now made less frequently and the exact nature of the problem such as recurrent patellar dislocation (subluxation), tendinitis or jumper's knee (patellar tendinitis) is more often diagnosed.

Figure 2

(See RMR, page 43)



Olympic Checkoff Act: As Good As Gold

By The Honorable Jack Fields
9th District, Texas



Congressman Jack Fields, D., in his second term representing southern Houston, Texas, in the U.S. House of Representatives, Fields introduced "The Olympic Checkoff Act" in 1981 and reintroduced the same legislation with Reps. Charles Bonior of New York and Clay Vonderjaeg of Michigan earlier this year. At present, the bill has 100 cosponsors and is pending in the House Ways and Means Committee.

The cost of training a competitive gymnast almost totals \$10,000 per year.

On July 28th, 1984, athletes from around the world will arrive in Los Angeles to participate in the 23rd quadrennial Olympics. The United States will host these summer games for the first time in 52 years.

American athletes will come to these games with one hand tied behind their backs. While America's Olympians will be handicapped by a lack of sufficient training funds, millions of amateur athletes across the country are denied the opportunity to achieve their full potential because of this lack of funds. Why? Because

unlike competitors from 150 foreign nations, our amateur athletes receive no government support. They must rely entirely on the generosity of the American people.

While thousands of Americans have enthusiastically donated to the U.S. Olympic Committee, regrettably their contributions have not kept pace with the rapidly escalating cost of training. For example, the cost of training a competitive swimmer may total \$5,000 a year; an individual gymnast, almost \$10,000 a year, and a world class figure skater as much as \$20,000 a year. Because of these overwhelming costs, many potential Olympians are given three different options to undergo and make due with inferior, but affordable, training to spend their own and their friends' and families' money for their training, or to quit sports entirely and watch the Olympics on television from their homes.

Neither of these choices is acceptable.

In addition to these extraordinarily high training costs, many American athletes are handicapped by inferior, or at best, inadequate, training facilities. For instance, in the United States we have only two speed skating rinks and only one ice hockey rink that meets international standards. We have few cycling velodromes and only one hotholed and huge course that complies with international regulations. Regrettably, we have also witnessed the elimination of dozens of athletic programs by high schools throughout this nation which no longer have the financial resources to fund them.

While as a nation we have learned to expect excellence from our Olympic athletes, the realities are that training, travel and other expenses have risen so dramatically that many prospective Olympians can't meet those costs, thus denying the U.S. their athletic talents.

Quite simply, our Olympic movement has reached a crossroads. We are in the words of Olympic great Edwin Moses, faced with three choices: "First, we can quit international sports, saying we can't compete effectively against the Socialist system; second, we can continue to contest these countries in the haphazard way of the past; or third, we can respond to the challenge."

America's heritage dictates we respond to the challenge. For this reason, I introduced a bill in the House of Representatives, H.R. 1984, entitled "The United States Olympic Checkoff Act of 1983."

This important legislation will give all Americans an opportunity to voluntarily donate \$1 to the United States Olympic Committee by checking a box on their yearly 1040 tax form. The checkoff system would work this way: if an individual were entitled to a refund, he could reduce that refund by designating \$1 (\$2 even joint returns) to



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the U.S. Olympic Committee. If a taxpayer owed money to the government, he could contribute \$1 or more to the U.S. Olympic Committee by adding a contribution to taxes due.

While this checkoff system would be similar in appearance and operation to the existing presidential checkoff system, the key difference is that all contributions to the U.S. Olympic Committee would be private, donations, not federal funds. In fact, and contrary to the U.S. Olympic Committee's would be required to pay all administrative costs involved in the checkoff program. Therefore, the bill would not cost the federal government one dime.

This legislation enjoys broad bipartisan support in both houses of Congress. In the House, 260 members have become co-sponsors of H.R. 1984, while 51 United States senators have co-sponsored the Senate version of the legislation.

While there are many organizations and worthy causes deserving private financial support, the U.S. Olympic Committee is unique in that it trains young men and women to represent the United States in international athletic competition. The success of our Olympic team is evidenced by the "Miracle on Ice" in Lake Placid, wins at world and Olympic level and a sense of achievement in the hearts of all Americans. Clearly, our Olympic effort is unique among American charities.

While no one knows how much money the Soviet Union, East Germany or other socialist governments spend on their own sports development, it is clear that they view the Olympic Games as an opportunity for propaganda and a way to demonstrate to the Third World, in particular, the superiority of their culture.

The United States must recognize the opportunity as well. And in doing so, we must find every means available to allow our citizens to contribute to our own sports development program.

The Soviets and their allies would like nothing more than to come to our country in 1994 and, with the entire world watching, humiliate the United States. I believe we should and can prevent this from happening, and I am convinced that if H.R. 1984 is passed, the United States Olympic Committee would receive the financing that it so desperately needs.

Historically, the U.S. Olympic Committee served as a travel agency for our Olympic athletes. Today, as a result of the Amateur Sports Act of 1978, the U.S. Olympic Committee has become the central coordinating body for all amateur sports in this nation. Only five percent of the USOC's 1981-1984, \$80 million budget is used to send our nation's teams to the Pan American and Olympic Games, while the remaining funds are used to enhance the development of potential Olympians and amateur athletes generally. Programs to which the USOC allocates funds include the national training centers in Colorado Springs and Lake Placid, development grants to the national sports governing bodies, a sports medicine program, the National Sport Festival and programs to assist the handicapped to develop their athletic skills.

It is clear, then, that the United States Olympic Committee is committed to reaching athletic performance of all ages and abilities,

This Olympic checkoff system is a painless and efficient way to demonstrate our support for amateur athletics.

consistent with the Amateur Sports Act of 1978. But in order to fulfill the multiple objectives of its charge, the U.S. Olympic Committee needs the funds H.R. 1984 would provide.

While this bill will help Olympians like Scott Hamilton, Tracy Gustafson, Mary Decker, Carl Lewis and Edwin Moses, its real purpose is to assist those thousands of young aspiring athletes who dedicate their lives to the pursuit of competitive athletic excellence.

In the last four years, the American people have checked off \$154.9 million on their 1984 tax forms to the presidential campaign fund. In 1981-89, million Americans filed 1980 tax returns and 74 percent of them were entitled to a refund. I'm convinced that a majority of these Americans would be thrilled to have the opportunity to contribute \$1 or \$2 to the dedicated young men and women who represent us in international athletic competition. This Olympic checkoff system is a painless and efficient way to demonstrate our grassroots support for amateur athletes and for the many positive benefits amateur athletics brings to America's youth.

I believe we owe our nation's Olympic athletes the opportunity of first-class training and first class facilities. While international competition is reached only by a gifted few, amateur sports can enrich the lives of all who participate.

As Baron Pierre de Coubertin, the founder of the modern Olympics, once said, "The most important thing is not to win but to take part, for the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." H.R. 1984 offers America's amateur athletes the chance to participate in this noble struggle.

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Sales of Olympic Coins to Aid Amateurs and '84 Games

For the first time, the U.S. Government is sponsoring a commemorative coin program to raise funds for America's Olympic effort. The U.S. Department of the Treasury is minting gold and silver Olympic coins to commemorate the 1984 Olympic Games in Los Angeles. Director of the United States Mint Donna Pope said proceeds from the sale of these coins go to train the nation's amateur athletes and stage the 1984 Olympiad.

The U.S. Olympic Coin Program has already raised over \$20 million and these funds have been divided equally between the United States Olympic Committee (USOC) and the Los Angeles Olympic Organizing Committee (LAOOC). The Treasury Department hopes the program will raise more than \$100 million for the Olympic Committees.

Ten dollars from the purchase price of each silver coin and \$50 from the price of the gold coin goes to the U.S. Olympic efforts, Donna Pope added. "Each coin purchase directly benefits our Olympic hopefuls and will help make the '84 Olympics in Los Angeles one of the greatest international sporting events," Pope said.

The production of gold and silver proof coins requires the same painstaking care and attention that goes into the creation of expert and jewelry. World renowned artists create the designs and expert craftsmen prepare precision dies which are used to strike proof coins. The coins are mated by multiple "strikes" of the press to ensure superb reproduction of the image. Each coin is inspected to ensure quality control and then sealed in a clear plastic case.

The Treasury is offering three Olympic proof coins—one gold coin and two silver. The 1984 Olympic gold coin is the first U.S. gold coin minted by the U.S. in over 50 years. The \$10 gold piece is

1.06 inches in diameter and is 90% fine gold (21.6 karat). The 1984 and 1984 silver one dollar coins are 1.50 inches in diameter and are 90% fine silver.

The coins are available in three sets. The gold and two silver coin set is currently selling for \$416. The two silver coins can be purchased in a set for \$64 and the single \$5 coin is being sold for \$32. Each coin set comes in an attractive velvet and satin display case.

Olympic coins may be ordered through the mail by writing to the United States Mint, P.O. Box 6706, San Francisco, California 94111. They are also available from many precious metal and retail dealers as well as retailers.



U.S. Olympic Commemorative Coins are now available from precious metal and jewelry dealers. The U.S. Department of Treasury is minting three coins—one gold \$10 piece and two silver \$1 coins—to commemorate the '84 Olympics in Los Angeles. The gold coin is the first legal currency gold coin minted in the U.S. in more than 50 years.

The coins from the sale of Olympic coins to the United States Olympic Committee and the Los Angeles Olympic Organizing Committee to help train America's amateur athletes and to stage the 1984 Olympic summer games. The \$1 silver coin is shown in the picture above.

To Balance...

On A Dream

By Roger Henderson

It is perhaps that every father feels too deeply about his loves but there is an excitement, a longing, a fear when your children reach for a dream time that somehow escapes your belief. It seemed a common enough dream to wear a pretty leotard and perform in beautiful moves and dance on a stage. Certainly hundreds of young girls at that precise moment turned to their father's aid and said "Daddy can I take gymnastics?" and I'm sure hundreds of father's answer as I did "Well maybe, we'll see." I'm sure the idea popped up again and again with such Olga, or Cornelia or Cathy Rigby commercial from a more devastating problem was when the local Women's Club had the local gymnastic team for family night.

So you walk over to the parent in the team jacket and ask the inevitable question, "Excuse me, but how do you get into gymnastics?"

Your first lesson is learned, never ask a parent. Within five minutes my child was going to gymnastics five days a week to the tune of several hundred dollars. So ended my daughter's dream of balancing on a beam.

But God of fate or life has a way of fulfilling children's dreams. He looks kindly down on the frailties of man and puts him up. To err is human to forgive divine, and as your ambition at seeing your own is building to a show boil, you turn on an unfamiliar path and there on a small window next to a fire station you see "Gymnastic Academy." As if your recent error reminds you of past sins you pull over park the car and think well it's piano lessons, dance or this.

The gym is small and so are the children. They are smiling and laughing. The instructors' humor is light and happy. No one discounts on you like a vulgare. Looks good, not too high power, err, happy kids, and not too far from home.

"Stacy, do you really want to take gymnastics?"

"Daddy, Really? Yes! Yes! I do!"

Well perhaps I'm a bit on the emotional side but for some reason my seven-year-old daughter's excitement seemed to make me feel that this was the "high" of being a father. Instant adult her happiness seemed to permeate the house and all that was good about family reigns supreme. It was not much later when Pamela, who was five, approached me, "Daddy can I take

gymnastics too? Pam, we will have to see, five may be too small."

Of course as it turns out five is not too young, and to add insult to injury one hour session of the trampoline and my youngest daughter Kristen told me three was alright too.

Being somewhere that this was not quite as I had intended it to turn out and after a brief household meeting of the sacrifice committee, my wife and I decided we would saving all three into gymnastics.

Now for all intents and purposes I had felt my goal had been reached, and with great enthusiasm my daughters spent the next year bouncing, balancing and tumbling about the gym. My visits chafed were really quite enlightening. I found as I initially felt that everyone working in the gym was pleasant and exceptionally nice with the girls. I also found out that one of the girls was a former Olympian and that they also had a team. All of which seemed very nice.

The phone rang one evening and I found myself being asked if I would be interested in having my daughters involved in additional work outs. It seems the coaches felt they had some potential. They? "Excuse me who are we talking about?"

"Tim and Stacy."

Well now I discovered that doing as once a week for gymnastics was not that bad. The additional money was stretching it a bit, but how did that song go? 'you can rely on your old man's money.' Well, whatever, the girls were ecstatic and when the label Next team was attached, well the Olympics were that much closer.

As for our education, it was carefully explained that this group was for young girls that showed future potential and that although they didn't compete they might have an opportunity to perform if the group progressed.

The months passed and the first official uniform became the reason for a year's work. Our drive was 25 miles one way and so I often found myself seeing and watching the hundreds of little girls struggling, laughing, smiling, crying, but always trying.

As I watched I began to see glimpses of the feminine mystic that so often escapes the male in a world oriented toward male sports. I also found myself seeing a clearer perspective of what it takes to be a competitive athlete. But the realization that these girls small and frail, square and round, coordinated or not were quite like their male counterparts. As I later discovered this was only the shadow of things unseen. Needless to say my pleasant and

Now spending your time at the isolation station with other parents is unique and devastating. I was horrified to find out some of them (parents) actually knew what they were doing while others, like myself, felt like the proverbial third wheel.

someone's quiet little girl beamed, roared and rained into what appeared to be a gymnasium.

Now this is a disheartening fact for fathers. When you sit with your family and watch the competitive process there is a certain detachment and a lack of realization of what is really going on to provide you and your family with the thrill of victory, the agony of defeat. There is little thought about how hard and narrow a four inch balance beam is or how a loss the parallel bars become when you are swinging in between. Somehow the thought that a small gymnasium instead of vaulting across the horse would run directly into it, or that a slight deviation in track can send her head first into the floor on the other side does not register. But when you see it, the realization quickly establishes a very specific fact in your head, there is real skill and courage here a demanding and exacting sport. As tough, skilled and dangerous a sport for my, and definitely not for my 40 pound 4-foot 6-inch baby.

Unfortunately or fortunately you have created your own monster and even the slightest indication that piano lessons would be nice or summer vacation might have nice shirt-tail for summer practice, brings you the slightest indication of disenchantment, but then maybe they could go to gymnastic camp!

Now spending your time at the isolation station with other parents is unique and devastating. I was horrified to find out that some of them actually knew what they were doing while others, like myself, felt like the proverbial third wheel. We found some comfort in our mutual uncertainty and frustration, but we also slowly began the realization that this was only the beginning, the minimum, the easiest it would ever be and that thought that real realization of what it really takes to be an Olympic athlete, came upon us with a crushing understanding.

This life is real and children are God's own reminder of hope, faith and a lot of charity. A child's smile can lift a parent higher than any soap box opera and carry you further than the search for gold, even Olympic Gold. So with those happy games and a smiling wife we continued our journey toward my daughters' dream.

Time passed and the first meet was scheduled to take place. We were in anxious anticipation, until we received the news that Stacy would not be competing. It was very disappointing that once again our daughter shrugged off this rejection with "I guess I wasn't good enough."

"Why not?" I asked.

"Because I can't do my mill circle catch." By the way if you don't know what a mill circle catch is, don't feel bad at this point I didn't either.

"Well Stacy I guess if you want to compete you will have to learn."

"Yeah?"

Having no equipment at home there was little I could do even if I wanted to. Even if I knew where to find a set of uneven parallel bars I couldn't have helped Stacy so I try to keep and said a prayer that Stacy would learn her mill circle catch.

The next news was very disturbing. It seems for some reason or another the Class III regionals (my daughter's level) had been moved up to January. Almost all our meets were after that in

order to compete in the regionals you would have to qualify prior to that event. We were told there would be a meet prior to that event for our daughters to qualify. Stacy still couldn't do her mill circle catch.

Soon after that, on one of my usual wand picked up my daughter from practice:

"How did it go?" I asked.

"OK."

"Work on your mill circle catch."

"Yeah, a lot."

"Can you do it?"

"Almost."

"Look."

As I looked my heart dropped my daughter showed me two hands with two or three fingers on both. She was carefully holding them in her lap like a person with arthritis. Some of the blisters had deep hard edges were filling with blood or liquid. "They broke these" she said. "I didn't show them this one."

Suddenly I got very angry. Why in the world are we doing. This was ridiculous. Anything that would make an eight-year-old's hands like that certainly wasn't worth it.

"Daddy will you break this one for me."

"Stacy, it probably would be better to let it heal itself."

"No you have to break it or I won't be able to work on the bars, please Daddy."

It was at this moment that I knew that my little girl somehow had become an athlete. Not only an athlete but in the finest male tradition. I think if any son would have shown me those hands I would have said well that's part of it but from my 45 pound daughter it seemed almost painful. But it was my pity not hers. As if unaware, my daughter had passed levels which I didn't even know of crossed thresholds alone. There was a very strange feeling that perhaps there were areas of accomplishment that had been assumed which unknowingly had come and gone.

The day of the meet came and Stacy had indicated that she could sometimes do her mill circle catch. Sometimes did not appear reassuring to me, but it was too late to worry. It was however, a unique feeling because after two years we were going to see our daughter actually perform. There was a great feeling of hope and excitement.

Stacy's first event was the floor exercise. It was routine of course a tremendous success. Her routine, although not flawless as we were to find out, seemed coordinated and as parents are apt to feel great. The judges with a keener eye and a far more objective viewpoint gave her a 7.7 which based on a score of 10 seemed solid if not spectacular. Dismay number one came on the bars and right away, Stacy fell on her stomach. For a moment there was that terrible uncertainty of what she would do but back on the got and from the comments around us she finished her routine with a good performance, a 7.4's which considering the fall seemed slight to Daddy if not quite Olympic caliber. As if father wanted to test my little girl, the balance beam slipped from beneath her feet and she came tumbling down. Once again that agonizing moment, is she hurt, will she cry, will she get up again. Out of the side she came back, up on the beam and finished the routine, if somewhat shakily. A 6.5 did not seem to indicate much future potential. Stacy's best event was last, her vault. Whether it was the problems of her beginning or simply her excitement she scored completely out of it but managed a 7.6. Stacy's first performance was over. Her score, initial bar loss on her beam, but better than several girls on the other team. Stacy's reaction was a somewhat mysterious.

[continued on page 20]

The day of the meet came and Stacy had indicated that she could sometimes do her mill circle catch. Sometimes did not appear reassuring to me, but it was too late to worry.

Well, the big night came and went the girls, both Pam and Stacia, did their thing. Daddy took pictures, Grandma and Grandpa clapped. Kroy, our youngest, continued her complaints that she was not allowed to do anything and Mommy just watched with that certain gleam in her eye. Actually although Stacy performed very well, it was Pamela who stole the show by demonstrating the newest technique for back walkovers which consisted of reaching backward with her two short arms and bouncing on her head 16 consecutive times across the mat. Well, success is measured in a million's inches and gaily laughter, and by all standards the night was one for remembering.

Unfortunately there was a brief euphoria of success but shortly we returned to the weekly chaffing. Summer came quickly and the first real decision came. Our daughters informed us there would be a gymnastic camp for two weeks. We were informed that both our daughters would be able to attend, even though Pamela would be a bit young. When? That is right on the two weeks we were scheduled to visit Disney World and Grandma and Grandpa in Florida.

At this point in time reason was still a dominant force in our life and camp had to play second fiddle to our biggest vacation. There were some doubts, however. We were advised by some, that not going to camp was one way to control gymnastic suicide, but it seemed that there was more to life. It was also noted there would be sort of a try out camp over the summer and that team members would be decided by this and contacted in the fall. We were advised, however, that there would be obligations both financial and time wise, and if we were not interested now was the time to indicate so.

Needless to say Disney World was great and we returned to our humble abode greatly refreshed. Stacy returned to gymnastics in the try-out sessions and a relaxing summer went by. We did note that those who did attend camp seemed to have gained considerably but being a tennis buff I always figured this would be the time to start another one daughter out.

Against all odds and dire predictions we were called to attend a meeting for prospective team members. Stacia had been chosen for the class three team. The time had come to make the big commitment. Suddenly I saw my financial life pushed before my eyes and with typical father resolution to the inevitable I agreed. Stacy should have her Olympics, chance. After all it couldn't be too bad, beginners only had three classes a week and one dance class. The short drive suddenly became longer but with a little schedule juggling we kept our 5.2 mile trip down to three times a week plus "special" days.

Now a new feature was added. I dubbed it the solution station. This area consisted of the lower of the gym where parents were relegated to after delivery their charge to the gym. The door was closed and the *musica non tocque place*. Wednesday's we took in both Pam and Stacia, placing us as the girls from 4:30 to 8:30 pm. This meant dinner out and also in shifts. Friday we could get home for a late dinner at 7:30 pm. Saturday's were hopelessly lost and so we were to discover Sunday's were reserved for meets and exhibitions.

At first we were very excited at Stacy's accomplishment but as the weeks went by and the conflicts and misadventures of Mom and Dad's life seemed to be irrevocably being taken over, family became distant, cousins close friends, occasional friends and my beloved tennis became a monthly outing. My daughter's dream of herself on a balance beam at the Olympics seemed not closer but so much further away. Her lack of flexibility seemed painfully obvious compared to others, her short arms made her back hand-spring awkward and she seemed to have no time to play. This was very traumatic for us, unfortunately, or fortunately it didn't seem to bother Stacy at all. She was having a ball. They did not seem to be the appropriate attitude for an Olympic athlete. I had the distinct feeling that a more reverent attitude should be displayed but there was no complaint from the coaches, so who was I to complain.

"I tried my best."

But the brief look at the posted scores she took was more revealing. I decided that this was something that I could not do

anything about. So we congratulated her on her first meet and celebrated.

To make a long story short Stacy did succeed in qualifying and the weekends loomed larger than life on the horizon. To heighten the emotional aura of the meet we suddenly found out that our club was hosting the meet. It seemed dramatic enough to have your daughter participate but to realize a whole weekend of competitive gymnastics would be added to your family life was just that much more stress related.

With our club running the meet the evening before was quite hectic. It was interesting if not dangerous to life and limb to find out how heavy the uneven parallel bars were, but after the evenings work we packed up and headed home. Everyone was anxious for the event, although surprisingly Stacy went off to sleep with little anxiety.

Well, meaning the parents, returned to the gym at 8:30 am sharp. Everyone was scheduled in, my jobs were controlling the warm up room and acting as scorer on vault. The meet was a whole play in itself the coaches, judges, parents, and children were alive with little carns and bravery, selfishness, authority and tragedy. The little incidents between the interacting factions were a masterpiece of drama. My cameo came while discussing the meet with other parents. Naturally, after the less than perfect performance of my daughter I was having real doubts about Stacy's potential. Looking for some encouragement I stated, "Well I hope Stacy does better than she did at the first meet."

The answer came swiftly but surely.
"Oh that meet? Was nothing, they literally gave scores away."
My heart sank. Please don't let that be true. My hospital gown had turned gray one and my anxiety level raced madly ahead of my rationale mind.

"Thanks I needed that kind of encouragement," I said and left to be some place else, some place where the rainbow lightens the sky, where puppies lick your face, where for a brief moment you can balance on a dream.

But the time had come, and good or bad my daughter marched onto the floor with an anxious smile, a great gleam in her eye and somehow, I didn't care if she fell a hundred times or scored a 3.2 (by the way that's a terrible score).

Her team marched to the vault area and practice began. I grabbed my camera and started walking to an area to try to get a decent picture when I heard that practice time was over. As I looked at the vault area there was Stacy the very first competitor. Oh poor Stacy, I thought. She suddenly began running down the runway her last thing she hit the springboard, her hands hit the horse, and up she went. Her legs straightened and her arms went up and she landed solid "Buckit", the kids yelled and she did, boy did she. She did it, she really did it. Her coach was apparently pleased and she walked back for her second vault. But it didn't matter the first one was a disaster, not a slight, good. She took off again her hands pushed off the horse and she landed solid. I could have jumped up and down, but what did the judges think? The numbers were put in place and as the score card turned on 8.55. The team parents cheered, her team clapped. "That's fantastic Roger!" "That was a great vault!" "She certainly knows how to perform." I could have literally cried. I felt somehow that there was something wrong because I couldn't grab my daughter but as I looked across the floor there she was with a big grin clapping with nervous delight and burying her face in her hands.

Stacy proudly marched to the next event. I could tell she was really excited. The event was the parallel bar. Being small and thus did not seem to help in the strength aspects of this event but I felt she should do respectably well. Father's hopes and reality seem to conflict at times and Stacy's bar routine seemed to bear this out. Although she seemed to do alright completing the dreaded full circle (a move around the low bar to the high) after a brief conference her score was posted a 7.0. It did not seem right but as time wore on there were many scores that did not seem right. Of course if you know what you're talking about you could complain, but when you don't you always say, they don't seem

(see DREAMS, page 15)



GYMNASTS' JOURNEY TO LA '84



Strong Showing: USA Hungry Heading Into Budapest

Kathy Johnson

By Judy Ludwig

It was proclaimed to be the most important gymnast meet in the United States this year and it promised to bring together the best display of men's and women's gymnastics this country had known. If anyone doubted that fact before they entered the arena, they certainly left shaking their heads in awe.

In this context, there was "no holding back." The World Championship Gymnastic Trials, which was held in Eugene, Oregon in September, was everything it promised to be and more, intense, aggressive, high quality, high pressured. It provided a USGF commitment to show the country's best.

Julianne McNamara finally broke the tension with a smile after finishing a 9.8 floor exercise. The 18-year-old was unassailable in the two-days of competition, hitting eight of eight routines.



From defeat (center) to a dip in thought (pondering her next move) while Kathy Johnson (right) flows through the air during her uneven parallel bar routine. (Photos by Dave Black)

When Tracie Talavera took her preparation for the start of her floor routine you could hear a pin drop in the arena. This routine would make or break her chances of going to Budapest. A 9.6 kept Talavera in the running as one of this nation's best.

Kathy Johnson continued to prove that being 24 years old doesn't mean you're too old for gymnastics. She made her point clear with a 7.9.70 total score and second place overall in the meet.

Yulande Marley counted Johnson with her youthfulness and determination. This 14-year-old rose from 19th place at the start of the competition into the top eight, thus qualifying for the team.

The men's competition was even more awesome. Just ask Scott Johnson of Nebraska, who nailed a spectacular triple back somersault off the high bar and still finished seventh.

Ask the judges who awarded several individual 10.0's, five 9.9's and seven 9.8's overall in the men's optional competition. Or ask the fans who sawly left the meet with sore hands from applauding one outstanding performance after another.

The World Trials competition was hosted by Dick Mulvihill's National Academy of Athletic Gymnastics and co-sponsored by the University of Oregon Athletic Department, the Valley River Inn of Eugene, and the Nissan Motor Company, a national sponsor of USOGF gymnastics.

Seventeen women and 16 men took part in the three-day competition. Only six, plus two alternates would make the team.

For the women, Julianne McNamara, Kathy Johnson, Pam Nilleck, Marie Morrice, Marie Ronaldshorger and Tracie Talavera took top places. Yulande Marley and Michelle Goodwin won the alternates.

In the men's meet, Peter Vidmar, Bart Conner, Jim Hartung, Mitch Gaylord, Tim Daggar, and Brian Biles took the top six of a very strong field. Scott Johnson and Phil Calvey took seventh and eighth places.

Dianne Darburn and Mary Lou Retton's presence was missed somewhat in the women's portion of the meet. Darburn, ranked number one after the McDonald's Championships of the USA, and Retton, who was third in that meet, were injured and not able to compete.

Darburn had surgery for a torn cartilage only days before the World Trials and Retton was nursing a broken wrist.

McNamara and Johnson seemed to make up for the missing Houston, Tex. gymnasts. As a matter of fact, number one Darburn would have been hard pressed to beat Johnson on this day.

McNamara was stunning in the past together possibly her best meet of the year and claimed a well-deserved all-around title. The answer for this 18-year-old SCAT was a new uneven parallel bar routine.

"The bars were kind of a let for me," said McNamara. "I've been missing on the bars the past few meets. It was a new routine for me, and I'm really happy with that," she explained.

McNamara, a bronze medal winner at the World Championships in 1981 on the bars, had been plagued most of the year with misses on this event. Her break at the Championships of the USA was a critical factor in her loss to Darburn as the USA Champion.

But her 9.8's on the uneven bars at the World Trials turned out to be the highest individual score given in the women's meet. She added a 9.65 vault, 9.65 balance beam and 9.8 floor exercise.

Johnson, also of the SCATs, showed her true veteran spirit as she qualified for her fourth World Championship team. "For myself, I feel fresh again," she observed.

As for the absence of Retton and Darburn Johnson said, "It won't change anything at all. We're all competing against those two several times. We'll work together as a team. We'll put a strong team out on the floor at the World Championships, stronger than ever before."

As good as the women's meet was, the men's competition offered even more excitement. The reason was depth. Less than a point separated the top 10 men at the start.

Pam Nilleck, third-place finisher overall, had the top optional vault score of 9.7 on a Tsukahara with a full twist. Marie Morrice of the Puget Sound School of Gymnastics in Tacoma, Wash. finished in a solid fourth position.

Only weeks earlier, Morrice had helped the Americans to the gold medal at the Pan American Games, where she finished second all-around but number one for the U.S.

Her coach, Brad Linn, explained Morrice entered the USA Championships with the intention of just doing her best. She just wanted to be on a roll, he claims. What started out as a simple summer for gaining experience turned out to be filled with pretty impressive competition.

Marie Ronaldshorger of Minnesota was fifth, with her best performance, and Tracie Talavera climbed from 10th to sixth with her final performance on floor exercise.

"I really didn't know what place I was in the whole time until I heard it announced right at the end. The floor is what did it for me," said Talavera.

As good as the women's meet was the men's competition offered even more excitement. The reason was depth, depth and more depth. Less than a point separated the top 10 men at the start.

There were simply so many good routines to see that by the time the optional round was to start, the format had been altered from the three ring event, three events at a time, to one event. In this way the audience didn't miss a single move.

UCLA's Peter Vidmar came as close to perfection as any in this meet. Vidmar set a personal record of 117.70 (his goal had been, 118.00 in Eugene). He did manage to make his second goal come true, hitting 12 of 12 routines.



Dan Corner

"You can look back just a couple of years ago and 115.00 would have won this meet," said Vidmar, a little in awe of the depth of competition. "Now it'll just get you into the top six," he said.

Although Vidmar was great, a rally of support seemed to be behind Dan Corner.

Corner had never entered a national competition in such place. The Oklahoma "boy" had been on the national team for eight years, qualified for two Olympics and three World Championship teams. To be placed in 1983, especially after he had improved the

difficulty of his routines, just didn't seem possible.

Corner had had a break on high bar at the Championships of the USA. He'd come prepared for the World Trials and knew he couldn't afford a major break in this competition.

"I was well prepared and that underlies my success here," examined Corner, who was elated with his 117.90 score and second place finish. "It's been kind of a long summer for me. I'd never been ranked ninth before this year, and I spent a lot of time

(see CHAMP, page 15)

		Y	UB	BB	TC	Trudg	So Total	2x Score USA Champ	Final
1	William Vidmar	95.15	94.00	94.75	93.00	76.95	550.85	150.75	560.60
2	Thomas Dierker	94.00	93.00	93.00	92.00	76.95	549.95	150.25	550.20
3	Ruby Johnson	93.15	92.00	92.75	92.00	76.95	547.85	149.25	549.10
4	Greg Lee Brown	92.00	91.00	91.75	91.00	76.95	542.70	147.75	542.40
5	Greg Blythe	91.00	90.00	90.75	90.00	76.95	538.70	146.75	538.40
6	David Hunter	90.00	89.00	89.75	89.00	76.95	534.70	145.75	534.40
7	Alan Lindenberg	89.00	88.00	88.75	88.00	76.95	530.70	144.75	530.40
8	Thomas Brown	88.00	87.00	87.75	87.00	76.95	526.70	143.75	526.40
9	Mike McQuinn	87.00	86.00	86.75	86.00	76.95	522.70	142.75	522.40
10	Yvonne Martin	86.00	85.00	85.75	85.00	76.95	518.70	141.75	518.40
11	Lee Hunter	85.00	84.00	84.75	84.00	76.95	514.70	140.75	514.40
12	Mike Gordon	84.00	83.00	83.75	83.00	76.95	510.70	139.75	510.40
13	David Hunter	83.00	82.00	82.75	82.00	76.95	506.70	138.75	506.40
14	David Hunter	82.00	81.00	81.75	81.00	76.95	502.70	137.75	502.40
15	David Hunter	81.00	80.00	80.75	80.00	76.95	498.70	136.75	498.40
16	David Hunter	80.00	79.00	79.75	79.00	76.95	494.70	135.75	494.40
17	David Hunter	79.00	78.00	78.75	78.00	76.95	490.70	134.75	490.40
18	David Hunter	78.00	77.00	77.75	77.00	76.95	486.70	133.75	486.40
19	David Hunter	77.00	76.00	76.75	76.00	76.95	482.70	132.75	482.40
20	David Hunter	76.00	75.00	75.75	75.00	76.95	478.70	131.75	478.40
21	David Hunter	75.00	74.00	74.75	74.00	76.95	474.70	130.75	474.40
22	David Hunter	74.00	73.00	73.75	73.00	76.95	470.70	129.75	470.40
23	David Hunter	73.00	72.00	72.75	72.00	76.95	466.70	128.75	466.40
24	David Hunter	72.00	71.00	71.75	71.00	76.95	462.70	127.75	462.40
25	David Hunter	71.00	70.00	70.75	70.00	76.95	458.70	126.75	458.40
26	David Hunter	70.00	69.00	69.75	69.00	76.95	454.70	125.75	454.40
27	David Hunter	69.00	68.00	68.75	68.00	76.95	450.70	124.75	450.40
28	David Hunter	68.00	67.00	67.75	67.00	76.95	446.70	123.75	446.40
29	David Hunter	67.00	66.00	66.75	66.00	76.95	442.70	122.75	442.40
30	David Hunter	66.00	65.00	65.75	65.00	76.95	438.70	121.75	438.40
31	David Hunter	65.00	64.00	64.75	64.00	76.95	434.70	120.75	434.40
32	David Hunter	64.00	63.00	63.75	63.00	76.95	430.70	119.75	430.40
33	David Hunter	63.00	62.00	62.75	62.00	76.95	426.70	118.75	426.40
34	David Hunter	62.00	61.00	61.75	61.00	76.95	422.70	117.75	422.40
35	David Hunter	61.00	60.00	60.75	60.00	76.95	418.70	116.75	418.40
36	David Hunter	60.00	59.00	59.75	59.00	76.95	414.70	115.75	414.40
37	David Hunter	59.00	58.00	58.75	58.00	76.95	410.70	114.75	410.40
38	David Hunter	58.00	57.00	57.75	57.00	76.95	406.70	113.75	406.40
39	David Hunter	57.00	56.00	56.75	56.00	76.95	402.70	112.75	402.40
40	David Hunter	56.00	55.00	55.75	55.00	76.95	398.70	111.75	398.40
41	David Hunter	55.00	54.00	54.75	54.00	76.95	394.70	110.75	394.40
42	David Hunter	54.00	53.00	53.75	53.00	76.95	390.70	109.75	390.40
43	David Hunter	53.00	52.00	52.75	52.00	76.95	386.70	108.75	386.40
44	David Hunter	52.00	51.00	51.75	51.00	76.95	382.70	107.75	382.40
45	David Hunter	51.00	50.00	50.75	50.00	76.95	378.70	106.75	378.40
46	David Hunter	50.00	49.00	49.75	49.00	76.95	374.70	105.75	374.40
47	David Hunter	49.00	48.00	48.75	48.00	76.95	370.70	104.75	370.40
48	David Hunter	48.00	47.00	47.75	47.00	76.95	366.70	103.75	366.40
49	David Hunter	47.00	46.00	46.75	46.00	76.95	362.70	102.75	362.40
50	David Hunter	46.00	45.00	45.75	45.00	76.95	358.70	101.75	358.40
51	David Hunter	45.00	44.00	44.75	44.00	76.95	354.70	100.75	354.40
52	David Hunter	44.00	43.00	43.75	43.00	76.95	350.70	99.75	350.40
53	David Hunter	43.00	42.00	42.75	42.00	76.95	346.70	98.75	346.40
54	David Hunter	42.00	41.00	41.75	41.00	76.95	342.70	97.75	342.40
55	David Hunter	41.00	40.00	40.75	40.00	76.95	338.70	96.75	338.40
56	David Hunter	40.00	39.00	39.75	39.00	76.95	334.70	95.75	334.40
57	David Hunter	39.00	38.00	38.75	38.00	76.95	330.70	94.75	330.40
58	David Hunter	38.00	37.00	37.75	37.00	76.95	326.70	93.75	326.40
59	David Hunter	37.00	36.00	36.75	36.00	76.95	322.70	92.75	322.40
60	David Hunter	36.00	35.00	35.75	35.00	76.95	318.70	91.75	318.40
61	David Hunter	35.00	34.00	34.75	34.00	76.95	314.70	90.75	314.40
62	David Hunter	34.00	33.00	33.75	33.00	76.95	310.70	89.75	310.40
63	David Hunter	33.00	32.00	32.75	32.00	76.95	306.70	88.75	306.40
64	David Hunter	32.00	31.00	31.75	31.00	76.95	302.70	87.75	302.40
65	David Hunter	31.00	30.00	30.75	30.00	76.95	298.70	86.75	298.40
66	David Hunter	30.00	29.00	29.75	29.00	76.95	294.70	85.75	294.40
67	David Hunter	29.00	28.00	28.75	28.00	76.95	290.70	84.75	290.40
68	David Hunter	28.00	27.00	27.75	27.00	76.95	286.70	83.75	286.40
69	David Hunter	27.00	26.00	26.75	26.00	76.95	282.70	82.75	282.40
70	David Hunter	26.00	25.00	25.75	25.00	76.95	278.70	81.75	278.40
71	David Hunter	25.00	24.00	24.75	24.00	76.95	274.70	80.75	274.40
72	David Hunter	24.00	23.00	23.75	23.00	76.95	270.70	79.75	270.40
73	David Hunter	23.00	22.00	22.75	22.00	76.95	266.70	78.75	266.40
74	David Hunter	22.00	21.00	21.75	21.00	76.95	262.70	77.75	262.40
75	David Hunter	21.00	20.00	20.75	20.00	76.95	258.70	76.75	258.40
76	David Hunter	20.00	19.00	19.75	19.00	76.95	254.70	75.75	254.40
77	David Hunter	19.00	18.00	18.75	18.00	76.95	250.70	74.75	250.40
78	David Hunter	18.00	17.00	17.75	17.00	76.95	246.70	73.75	246.40
79	David Hunter	17.00	16.00	16.75	16.00	76.95	242.70	72.75	242.40
80	David Hunter	16.00	15.00	15.75	15.00	76.95	238.70	71.75	238.40
81	David Hunter	15.00	14.00	14.75	14.00	76.95	234.70	70.75	234.40
82	David Hunter	14.00	13.00	13.75	13.00	76.95	230.70	69.75	230.40
83	David Hunter	13.00	12.00	12.75	12.00	76.95	226.70	68.75	226.40
84	David Hunter	12.00	11.00	11.75	11.00	76.95	222.70	67.75	222.40
85	David Hunter	11.00	10.00	10.75	10.00	76.95	218.70	66.75	218.40
86	David Hunter	10.00	9.00	9.75	9.00	76.95	214.70	65.75	214.40
87	David Hunter	9.00	8.00	8.75	8.00	76.95	210.70	64.75	210.40
88	David Hunter	8.00	7.00	7.75	7.00	76.95	206.70	63.75	206.40
89	David Hunter	7.00	6.00	6.75	6.00	76.95	202.70	62.75	202.40
90	David Hunter	6.00	5.00	5.75	5.00	76.95	198.70	61.75	198.40
91	David Hunter	5.00	4.00	4.75	4.00	76.95	194.70	60.75	194.40
92	David Hunter	4.00	3.00	3.75	3.00	76.95	190.70	59.75	190.40
93	David Hunter	3.00	2.00	2.75	2.00	76.95	186.70	58.75	186.40
94	David Hunter	2.00	1.00	1.75	1.00	76.95	182.70	57.75	182.40
95	David Hunter	1.00	0.00	0.75	0.00	76.95	178.70	56.75	178.40
96	David Hunter	0.00	0.00	0.00	0.00	76.95	174.70	55.75	174.40
97	David Hunter	0.00	0.00	0.00	0.00	76.95	170.70	54.75	170.40
98	David Hunter	0.00	0.00	0.00	0.00	76.95	166.70	53.75	166.40
99	David Hunter	0.00	0.00	0.00	0.00	76.95	162.70	52.75	162.40
100	David Hunter	0.00	0.00	0.00	0.00	76.95	158.70	51.75	158.40



Archie Gayland

**1983 World Championship Trials
September 8-10, 1983
Eugene, Oregon
Men's Final Results**

Name	EE	PE	B	V	PH	HB	Trans	TKG of Hand	TKG from USA Champ.	Final Score
1. Peter Vidmar	18.95	19.70	19.75	18.95	19.85	19.85	177.70	82.79	18.905	117.475
2. Brad Cooper	18.95	19.60	19.65	18.95	19.60	19.60	177.90	82.75	18.905	116.585
3. Jon Harshbarger	18.90	19.60	19.65	18.30	19.40	19.65	176.85	81.75	18.750	116.750
4. Eric B. Gayland	18.70	19.60	19.75	18.60	19.80	19.95	175.45	80.895	18.705	116.345
5. Tim Springer	18.95	19.70	19.25	19.45	19.40	19.60	168.75	80.595	18.805	116.175
6. Robert Barakat	19.10	18.70	19.20	19.10	19.70	19.45	168.25	80.375	18.690	115.990
7. Aaron Johnson	19.10	18.80	19.40	19.30	19.60	19.45	166.75	80.305	18.445	115.75
8. Neil Cutler	19.00	18.75	18.20	19.00	19.70	19.45	166.80	80.30	18.470	114.45
9. Marko Matic (Serbia)	18.75	18.95	19.10	19.25	19.30	19.40	164.85	80.075	18.50	114.375
10. Eric Milnes	18.75	18.65	18.60	19.40	18.60	19.55	163.60	79.58	18.915	113.715
11. Bill Bond	19.05	18.75	18.70	19.15	18.65	19.20	163.30	79.48	18.805	113.685
12. Matt Jones	19.00	18.70	19.00	19.50	18.90	19.15	162.45	79.595	18.940	113.040
13. Marko Covic	19.00	18.40	19.35	19.10	18.40	18.95	162.75	79.745	18.895	112.635
14. Brian Mackay	19.10	17.95	18.75	19.20	18.60	19.80	162.80	79.84	18.770	112.60
15. Jay Bui	18.10	17.70	18.00	18.75	18.70	19.05	160.80	79.85	18.755	110.605
16. Tom Beach							—	—	18.615	—

(marked during optional)

CHAMP

(from page 22)

trying to explain why I was down there.

"I'm glad to be back up here in the training. That was the best of motivations for me," said Corner.

The expression of success was written all over his face as he moved from event to event and succeeded. "This was just in itself. I feel this was an end in itself. It was a project in itself," he exclaimed.

Corner was excited. He was equally excited about the quality of the U.S. men's team. "It's a great team at really is. The depth and level of ability is the best we've ever had. There are very few weaknesses on this team. The sixth place guy could beat the first place guy," observed the 24-year-old.

Jim Hwang, the third place finisher concurred. "It's a culture team. You can see the competitiveness in the U.S. by looking at the top night. It shows the depth we have. We have a good chance for a medal next year (Olympics).

Hwang held a strong third place throughout the meet. "I'm really pleased. Throughout compulsories and optionals there were no major breakdowns. There were no disappointments despite the constant pressure and anxiety. Overall I'm happy," he concluded.

Duggan radiated intensity in each performance and is likely an upward coming contender to be reckoned with.

Mark Gifford, who was making a spring double, still competed as he'd on to a top six position. He did exactly some of his routines and managed a 12.95 overall.

Tim Duggan was one of the most explosive competitors of the evening. His tumbling was powerful and landed without a wobble. His flares on the pommel horse traveled with velocity, and his high bar routines demonstrated virtuosity in every move.

Duggan radiated intensity in each performance and is likely an up and coming contender to be reckoned with.

The sixth place performer on the men's team was from Nebraska. It was the only non-Nebaska or UCLA member of the team a credit to Southern Illinois University and Coach Bill Meade.

"Brian did a nice job," said Corner of his new found teammate following the competition. "He's a talented gymnast, who just hadn't put it all together at one time. It was the first time he made the competitive group of six, but he has that kind of talent."

Bibcock demonstrated extreme flexion and complete control particularly on pommel horse and parallel bars. If he was nervous or felt pressured, he didn't show it. Instead, he captured the crowd's encouragement with his style and, at one point, led the optional competition.

Scott Johnson and Phil Cathey two gymnasts who are not stars in any way measure, finished seventh and eighth. Johnson did a full on his low bar double back somersault on floor exercise, which earned him a top six finish. He came back strong and hard on high bar with a perfectly executed triple back flip away that brought him a 9.9 score. Cathey was impressive on pommel horse with a series of moves and Russian moves that was well received by the judges.

After the competition, it was clear that the United States would send its best men's and women's teams to the World Championships in history.

USGF Men's Department of the Year Mark Gifford's trip began through his mother's eyes in this first Corner night when he taking on the high bar.
(photos by Dave Black)



1983 World Championship Results

R	All-Around Finals (Men)	Finals	Points	Wings	Vault	F Floor	H Bar	Opt. Preclin.	Final	Total
1	Dmitri Bilechenko	URS	10.00	9.95	9.95	10.00	9.95	10.00	99.50	118.20
2	Koji Gushiken	JPN	9.90	9.95	9.90	9.90	9.95	9.90	99.40	118.05
3	Alexey Artyukhin	URS	9.90	9.90	9.95	9.95	9.90	9.90	99.05	118.05
4	Li Ning	CHN	9.90	9.90	9.90	9.95	9.90	9.75	99.20	118.125
5	Georgy Gerasimov	URS	9.85	10.00	9.95	9.90	9.75	9.90	99.15	118.025
6	Li Ning	CHN	9.90	9.90	9.90	9.90	9.90	9.90	99.00	117.900
7	Yoshiyuki Kojima	JPN	9.75	9.90	9.90	9.90	9.85	9.70	98.95	117.525
8	Michael Gayard	USA	9.75	9.85	9.85	9.80	9.70	9.80	98.85	117.475
9	Peter Vidossich	USA	9.70	9.80	9.80	9.80	9.70	9.80	98.70	117.350
10	Alexander Popov	URS	9.75	9.80	9.80	9.80	9.70	9.75	98.60	117.150
11	Bert Gomer	USA	9.65	9.85	9.80	9.80	9.80	9.80	98.60	117.000
12	Ulf Hoffmann	GDR	9.75	9.75	9.80	9.80	9.70	9.85	98.65	117.075
13	Joao Fischer	CUB	9.60	9.75	9.70	9.85	9.65	9.80	98.60	117.050
14	Renzo Donatelli	ITA	9.65	9.85	9.80	9.85	9.65	9.80	98.50	116.850
15	Castano Sacco	CHL	9.65	9.65	9.85	9.90	9.70	9.85	98.70	116.750
16	Sylvio Kroll	GER	9.65	9.80	9.80	9.80	9.65	9.80	98.50	116.750
17	Ryoichi Kato	JPN	9.75	9.75	9.80	9.80	9.60	9.70	97.75	116.650
18	Ng Chai Hoon	PHL	9.65	9.80	9.80	9.80	9.70	9.80	98.00	116.550
19	Joel Zilberberg	ISR	9.60	9.70	9.75	9.80	9.70	9.75	98.05	116.425
20	Michael Lefmann	Sov	9.75	9.70	9.60	9.85	9.60	9.70	98.10	116.375
21	Andreas Minde	FRG	9.70	9.60	9.65	9.80	9.60	9.65	98.00	116.375
22	Joerges Cason	PER	9.70	9.60	9.75	9.80	9.60	9.60	98.20	116.350
23	Janusz Giger	PHL	9.70	9.60	9.70	9.80	9.50	9.40	97.80	116.300
24	Daniel Woodville	Sov	9.75	9.60	9.60	9.75	9.60	9.80	98.15	116.375
25	James Buchanan	PER	9.60	9.60	9.70	9.80	9.60	9.75	98.20	116.075
26	Yuriy Popov	URS	9.60	9.75	9.85	9.80	9.60	9.80	98.05	116.025
27	Andreas Jankov	FRG	9.65	9.60	9.60	9.60	9.65	9.75	98.05	115.775
28	Andreas Thomas	FRG	9.65	9.45	9.70	9.60	9.60	9.60	97.50	115.525
29	Roberto Leon	CHL	9.65	9.60	9.65	9.70	9.65	9.60	98.05	115.500
30	Andreas Katsenbach	FRG	9.70	9.65	9.70	9.80	9.55	9.60	97.90	115.450
31	Dmitriy Isakov	URS	9.60	9.70	9.70	9.85	9.60	9.40	97.60	115.200
32	Philippe Vancore	PER	9.65	9.65	9.70	9.80	9.55	9.75	97.70	115.200
33	Daniel Winkler	FRG	9.60	9.70	9.75	9.80	9.65	9.75	97.15	115.000
34	Ng Chai	PHL	9.75	9.60	9.60	9.75	9.60	9.70	97.90	115.200
35	Tung Yen	CHN	9.60	9.50	9.45	9.60	9.65	9.75	98.75	115.600
36	Li Ning	CHN	9.60	9.60	9.65	9.75	9.60	9.70	98.00	115.275

Men's Catagorical Optional Finals

1983 World Championships

Budapest, Hungary

October 25-30, 1983

1	CHN	504.45
2	URS	504.35
3	JPN	500.05
4	USA	495.05
Timothy Duggert			
Michael Gayard			
James Buchanan			
Bert Gomer			
Peter Vidossich			
Alex Johnson			
5	GDR	504.05
6	FRG	501.95
7	FRG	500.10
8	PER	500.00
9	PER	500.00
10	URS	500.00
11	URS	500.00
12	URS	500.00
13	URS	500.00
14	URS	500.00
15	URS	500.00
16	URS	500.00
17	URS	500.00
18	URS	500.00
19	URS	500.00
20	URS	500.00
21	URS	500.00
22	URS	500.00
23	URS	500.00
24	URS	500.00
25	URS	500.00
26	URS	500.00
27	URS	500.00
28	URS	500.00
29	URS	500.00
30	URS	500.00
31	URS	500.00
32	URS	500.00
33	URS	500.00
34	URS	500.00
35	URS	500.00
36	URS	500.00

Floor Exercise Finals						
R		Comp.	Opn. Prelim.	Final	Total	
1	Tung Yen	CHN	9.85	9.95	10.00	10.00
2	Dmitri Bilechenko	URS	9.80	9.95	9.95	10.00
3	Li Ning	CHN	9.85	9.95	9.90	10.00
4	Yuri Kroll	URS	9.85	9.95	9.90	10.00
5	Bert Gomer	USA	9.80	9.75	9.85	10.00
6	Castano Sacco	CHL	9.75	9.80	9.90	10.00
7	Sylvio Kroll	GER	9.70	9.80	9.90	10.00
8	Koji Gushiken	JPN	9.80	9.80	9.90	10.00

Vault Results				
	Comp.	Opt. Preclin.	Final	Total
1	9.95	9.90	9.95	9.95
2	9.90	9.90	9.90	9.90
3	9.80	9.90	9.90	9.90
4	9.80	9.90	9.90	9.90
5	9.85	9.90	9.90	9.90
6	9.85	9.90	9.90	9.90
7	9.85	9.90	9.90	9.90
8	9.85	9.90	9.90	9.90

#	Pommel Horse Results					
	Comp.	Opt.	Perf.	Final	Total	
1	Dmitri Bilechenko	URS	10.00	10.00	10.00	20.00
2	Georgy Gerasimov	URS	9.95	9.95	9.95	19.90
3	Li Ning	CHN	9.95	9.95	9.95	19.90
4	Li Ning	CHN	9.95	9.95	9.95	19.90
5	Yuri Kroll	URS	9.90	9.90	9.90	19.80
6	Andreas Jankov	FRG	9.90	9.90	9.90	19.80
7	Andreas Thomas	FRG	9.90	9.90	9.90	19.80
8	Koji Gushiken	JPN	9.90	9.90	9.90	19.80

Paralimpic Stars Flash					
	Comp.	Opt. Preclin.	Final	Total	
URS	9.90	10.00	10.00	10.00	10.00
CHN	9.90	10.00	10.00	10.00	10.00
JPN	9.90	9.90	10.00	10.00	10.00
CHN	9.90	9.90	9.90	9.90	9.90
JPN	9.90	9.90	9.90	9.90	9.90
USA	9.90	9.90	9.90	9.90	9.90
URS	9.90	9.90	9.90	9.90	9.90
CHL	9.90	9.90	9.90	9.90	9.90

R		Wing Time					
		Comp.	Opt.	Preclin.	Final	Total	
1	Dmitri Bilechenko	URS	9.90	9.95	9.95	9.95	9.95
2	Koji Gushiken	JPN	9.90	9.95	9.95	9.95	9.95
3	Li Ning	CHN	9.90	9.95	9.95	9.95	9.95
4	Joao Fischer	CUB	9.90	9.90	9.90	9.90	9.90
5	Koji Gushiken	JPN	9.90	9.90	9.90	9.90	9.90
6	Renzo Donatelli	ITA	9.90	9.90	9.90	9.90	9.90
7	Roberto Leon	CHL	9.90	9.90	9.90	9.90	9.90
8	Andreas Jankov	FRG	9.90	9.90	9.90	9.90	9.90

Horizontal Race Results						
R		Comp.	Opt. Preclin.	Final	Total	
1	Dmitri Bilechenko	URS	9.90	9.95	10.00	10.00
2	Philippe Vancore	PER	9.90	9.95	10.00	10.00
3	Alexander Popov	URS	9.90	9.95	10.00	10.00
4	Tung Yen	CHN	9.90	9.90	10.00	10.00
5	Michael Aronov	JPN	9.90	10.00	9.90	10.00
6	Shang Wen	CHN	9.90	9.90	10.00	10.00
7	Daniel Winkler	JPN	9.90	9.90	10.00	10.00
8	Peter Vidossich	USA	9.90	9.90	10.00	10.00

Women's Compulsory Optional Final
1983 World Championship
Budapest, Hungary

1	URS	285.00
2	ROU	281.00
3	CZE	269.25
4	URS	268.50
5	CZE	267.00
6	TCH	266.00
7	URS	264.00

Yusuf Mardin

Patricia Allcock

Tanya Serrano

Katherine Johnson

Holly Garrison

Jillianne McNamara

8	URS	260.00
9	URS	260.00
10	CZE	259.00
11	URS	258.00
12	URS	258.00
13	CZE	257.00
14	URS	257.00
15	ITA	256.00
16	ITA	256.00
17	URS	255.00
18	CZE	255.00
19	URS	254.00
20	URS	254.00
21	URS	254.00
22	URS	253.00
23	URS	252.00
24	URS	252.00
25	URS	252.00
26	URS	252.00
27	URS	252.00
28	URS	252.00

World Championship All-Around Final Results (Women) October 25-26, 1983

		Vault	Bars	Beam	Floor Exercise	Final	Points	Total
1	Nadia Comăneci	URS	10.00	9.85	9.60	10.00	39.45	79.50
2	Olya Mavropetova	URS	10.00	9.80	9.50	9.85	39.15	79.00
3	Tranquilli	ROU	10.00	9.75	9.60	10.00	39.35	78.75
4	Barbara Seaton	GBL	9.90	9.70	9.60	9.70	39.30	78.75
5	Tatiana Petkova	URS	9.80	9.60	9.50	9.70	39.20	78.75
6	Larisa Agache	ROU	9.80	9.60	9.55	9.70	39.25	78.75
7	Mari Guskak	CZE	9.80	10.00	9.50	9.60	39.10	78.55
8	Donna Greenhouse	GBL	9.80	9.50	9.60	9.85	39.75	78.50
9	Laura Coana	ROU	9.80	9.60	9.60	9.70	39.70	78.45
10	Chen Yanyan	CHN	9.80	9.65	9.75	9.60	39.80	78.75
11	Katherine Johnson	USA	9.60	9.60	9.60	9.60	38.40	78.00
12	Sylvia Riss	CZE	9.60	9.60	9.60	9.75	39.05	78.05
13	Sylvia Tapalova	GBL	9.60	9.65	9.60	9.60	38.45	77.90
14	Hana Bana	TCH	9.50	9.60	9.60	9.75	39.45	77.75
15	Gabriella Mihailov	URS	9.50	9.55	9.60	9.70	38.90	77.20
16	Jillianne McNamara	USA	9.40	9.60	9.45	9.45	38.90	77.00
17	Jana Lohman	TCH	9.40	9.60	9.45	9.75	39.60	77.80
18	Elita Coana	ROU	9.40	9.75	9.45	9.75	39.35	76.70
19	Yvonne Hugg	URS	9.40	9.60	9.40	9.65	39.05	76.60
20	Chen Yanyan	CHN	9.40	9.70	9.50	9.60	39.60	76.80
21	Sylvia Riss	CHN	9.40	9.45	9.45	9.70	38.95	76.05
22	Tanya Serrano	USA	9.40	9.45	9.40	9.40	38.60	76.80
23	Alta Wilhelms	URS	9.75	9.75	9.75	9.75	39.00	76.00
24	Kristina Kofler	GBL	9.60	9.50	9.50	9.70	39.30	76.40
25	Bonnie Wainman	CAN	9.65	9.60	9.60	9.60	39.05	76.35
26	Marlene Peterson	TCH	9.75	9.75	9.75	9.60	39.65	76.35
27	Marlene Peterson	URS	9.60	9.65	9.65	9.65	39.50	76.20
28	Donna Greenhouse	GBL	9.70	9.60	9.65	9.60	39.60	76.15
29	Anna Hana	URS	9.70	9.70	9.70	9.60	39.70	76.15
30	Laura Comăneci	ROU	9.70	9.70	9.70	9.60	39.40	76.00
31	Laura Comăneci	URS	9.75	9.65	9.70	9.60	39.70	75.90
32	Scott Rensler	URS	9.60	9.75	9.65	9.60	39.60	75.70
33	Helen Johnson	URS	9.65	9.60	9.60	9.60	39.05	75.25
34	Gina Moring Hui	URS	9.60	9.60	9.75	9.75	39.70	74.85
35	Donna Greenhouse	URS	9.60	9.60	9.60	9.65	39.05	74.60
36	Andrea Thornton	CAN	9.60	9.60	9.60	9.60	39.00	74.55

Vault Final Results

R		Comp.	Opt. Points	Final	Total
1	Bonnie Wainman	GBL	9.60	9.60	19.20
2	Larisa Agache	ROU	9.60	9.60	19.20
3	Bonnie Wainman	ROU	9.60	9.60	19.20
4	Mari Guskak	CZE	9.60	9.65	19.25
5	Olya Mavropetova	URS	9.75	10.00	19.75
6	Sylvia Riss	CZE	9.60	9.65	19.25
7	Jillianne McNamara	USA	9.40	9.45	18.85

Balance Beam Final

R		Comp.	Opt. Points	Final	Total
1	Olya Mavropetova	URS	9.85	9.85	19.70
2	Hana Bana	TCH	9.80	9.80	19.60
3	Larisa Agache	ROU	9.75	9.80	19.55
4	Mari Guskak	CZE	9.60	9.65	19.25
5	Sylvia Riss	CZE	9.60	9.65	19.25
6	Larisa Agache	URS	9.70	9.80	19.50
7	Donna Greenhouse	TCH	9.60	9.60	19.20
8	Anna Hana	URS	9.60	9.60	19.20

Uneven Bar Final

R		Comp.	Opt. Points	Final	Total
1	Mari Guskak	CZE	9.65	9.65	19.30
2	Larisa Agache	ROU	9.60	9.60	19.20
3	Bonnie Wainman	ROU	9.60	9.60	19.20
4	Tatiana Petkova	URS	9.55	9.65	19.20
5	Gabriella Mihailov	CZE	9.75	9.65	19.40
6	Sylvia Tapalova	GBL	9.70	9.65	19.35
7	Jillianne McNamara	USA	9.45	9.45	18.90
8	Hana Bana	TCH	9.65	9.65	19.30

Floor Exercise Final

R		Comp.	Opt. Points	Final	Total
1	Kristina Kofler	GBL	9.95	10.00	19.95
2	Olya Mavropetova	URS	9.90	9.90	19.80
3	Bonnie Wainman	GBL	9.90	9.90	19.80
4	Larisa Agache	ROU	9.90	9.90	19.80
5	Donna Greenhouse	GBL	9.85	9.85	19.70
6	Gina Moring Hui	CAN	9.85	9.75	19.60
7	Donna Greenhouse	CAN	9.85	9.85	19.70
8	Katherine Johnson	USA	9.70	9.60	19.30

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USGF

Success Main Word Of Congress

By Mike Jacki
Executive Director

Iwould like to extend my sincere thanks to all those who attended the recent USGF Congress in Washington D.C. I was extremely pleased with the attendance and the support at the meetings and scheduled sessions.

Our first business management and opportunity seminar was a success with over 100 people participating. The American Coaching Effectiveness Program (ACEP) was also a tremendous success. The participation of our athletes as our guests at the Saturday night banquet was most appropriate just prior to their departure for the World Championships. A special thanks to Dr. Eric Johnson for his customary fine job as Master of Ceremonies.

The USGF greatly appreciates the continued support of all the companies and agencies that exhibited their fine products and services at the Congress.

This was our first major event with Fugary International Travel. We are all very pleased with this association.

Most important, there was a tremendous feeling of cooperation and enthusiasm amongst all the people attending. The 'Spirit of '84' was felt during the entire weekend. It is this spirit, enthusiasm and dedication that will help us all achieve our goals in the future.

I, of course, cannot forget the wonderful help provided for our World Championship Teams by the Women's Committee. It was a wonderful gesture of support and dedication.

On behalf of the United States Gymnastics Federation, I would like to extend my very best wishes to all of you for a most successful upcoming gymnastics season. I hope the feeling and energy we all felt at the Congress will continue throughout the year.



USGF Executive Director Mike Jacki (above) addresses the General Assembly on the new policies and direction of the USGF. (15 opposite page.) Mike Carroll, Johnnie McInnes and Debbie Berube accept awards as Gymnast of the Year. They are surrounded by a list of the autographs session held with the USGF National Team Members (photos by Dave Black and Mike Jacki.)

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CONGRESS 83

Congress Spirit Lifts USGF Staff

By Mike Dodkin
USGF Editor

Being involved, or participating in sports has been a major part of my life. As a gymnast I have covered everything from professional football to high school soccer to youth T-ball, and though I was ready for just about anything the gymnastics community could throw at me. Much to my surprise, the 1984 Coaches Congress proved me wrong.

Looking back at the Congress I must honestly say I have overblown the degree of emotional involvement go through a group of people as I did there. Sure, I have been involved in sports when they are at their peak—the last second shot for victory, the final goal with no time remaining—but even those thrills cannot be compared to those I felt just being a part of the Congress.

I have an unusual position on the USGF staff. I am one of the few that has never chosen to coach gymnastics, so every day is a learning experience. At this point, I consider myself a very lucky and fortunate fellow. I have always been a fan of gymnastics and consider it an art form, but never in my wildest dreams did I think I would get a chance to get on the inside of the hottest sport in the country.

During the Congress we all worked hard, but we also played hard. Even though I wasn't a gymnast or a coach, I felt accepted by the gymnastics community.

Meeting the national team members made me feel our fortunes in Los Angeles really are in good hands. It is very rare when an athlete can go from his gym to that of a competitor and meet using the

facilities, as well as the coach. But the gymnastics community has this, and if we are to actively compete and break into the top two positions in the world, this is what we need the most.

It was interesting that during the Awards Banquet, Mitch Gaylord explained what Brian Jackson had previously stated to me in an interview. He said he could go anywhere in the country to train. The gymnasts are competing against themselves more than they are competing against one another. This is a healthy situation on any scale of athletics. The better an athlete wants to become, the better he will perform for the team effort. The national coaches should be very pleased this atmosphere exists.

It would have been easy for the people in the gymnastics community to be very harsh and critical of the USGF and seize the opportunity of the Congress to lash out and release inner frustrations at the individual staff members in attendance. But there was very little, if any, of this going on. Most took the opportunity to roll up their sleeves and ask where they could help out in the rebuilding of any administration. Cooperation is the key ingredient. The sooner you all realize we are here to work for you and not for ourselves, the sooner we can move on to act and accomplish our goals.

For those of you who were unable to attend Congress, its sessions and banquet are sure to include many next year's plans. For this consider looking through that booklet, many of my questions were answered and the words heard over the telephone were filled in with a face to match. It is exciting to be a part of the unified spirit of '84 that is stirring within the USGF, spurring us on to our goal of making gymnastics the best sport in the world.

Evaluation and Summary of the American Coaching Effectiveness Program

By Chis Johnson

In conjunction with the 1984 Congress of the United States Gymnastics Federation, the American Coaching Effectiveness Program sponsored a one day seminar. This was held October 6th, one day prior to the opening of the General Assembly session of the USGF.

The American Coaching Effectiveness Program (ACEP) is designed to give coaches a basic understanding of sport science and coaching philosophy and how it can help coaches enhance their effectiveness in coaching young athletes.

Viewpoint

The seminar was conducted by Bob Levin, National Director of ACEP, and Dr. Dan Gould, sports psychologist, and associate professor at Kansas State University. Asked "what do you see as being of major importance in the sports movement in our country?" Mr. Levin responded, "Education in coaching techniques, methodologies, psychology, and physiology, along with a unifying philosophy, will prove to be the single most important factor in the development of sports programs in the United States between 1984 and 1988." This attitude was certainly in evidence as Levin and Gould proceeded to impress the approximately 120 coaches who attended the seminar. Their presentations were warmly applauded as these two gentlemen worked tirelessly through out the nine hours of the seminar.

ACEP's core riding philosophy is that it is imperative youth sports personnel be better trained and prepared in dealing with the myriad

plenty of factors that surface in working with young athletes. The motto of the ACEP is, "Athletes first, Winning second." This is no way detracts from the importance of "making every effort to win," but that the real importance of participating in athletics is to improve the overall quality of one's lifestyle. This is done by enhancing the individual self-concept, by negating the deleterious effects of "burnout," and by developing mutual respect between coaches and athletes.

Conducted in two hour blocks of time, major areas of concentration included the philosophy of sport, psychology of sport, pedagogical concerns, and physiological functions related to training and competing in sport. Each of these sessions were presented from the standpoint of "basic objectives" and "strategies used for implementation." The format of the presentation was largely lecture discussion (narrated by the presenter on time) but excellent slide programs and provocative and motivating films served as a meaningful adjunct to the lectures.

Levin and Gould did an excellent job providing the coaches with an overview of what effective coaching is all about. At the same time, very practical and applicable procedures were efficiently covered so that the coaches could leave with relevant ideas that could be utilized in their respective programs. The presentations were enthusiastically received, noted by the grateful applause of the coaches throughout the program. Perhaps the most notable drawback was the necessity for circulating questions from the attendees. Levin and Gould did well to respond to as many questions as they

(See ACEP, page 39)



USOP Executive Director Mike Jantz prepares to accept official commemorative stamp set from Gerald F. Horan, Technical Center Manager of U.S. Postal System. The stamps, which feature two

gymnasts, are part of a nationwide effort to give interest in the 1984 Olympics. The presentation was made during the General Assembly at the 1983 USOP Congress. (photo by Dave Shure)

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20th Anniversary Positive And Spirited

By Debbie Purinton

The 1983 USGF Congress, marking the 20th year of growth for the United States Gymnastics Federation, was as spirited and the response most positive than we could have anticipated. It is very difficult to capture in words on a page the emotion present throughout the convention. I guess you would have to have been there.

The general assembly and opening address by Executive Director Mike Jacks set the stage for the convention. As outlined below, he stressed 10 goals for his new administration (adopted from USGF Articles of Incorporation):

- 1 To perpetuate and improve the sport of gymnastics in the United States
- 2 To stimulate the interest of the people, particularly the youth of the United States, in healthful sports participation through gymnastics.
- 3 To supervise and administer a continuing gymnastics program for all ages—for the purpose of stimulating interest and developing athletes—as well as training and certifying officials
- 4 To establish effective means of communication and dissemination of information.

- 5 To establish an annual series of gymnastics clinics.
- 6 To provide a clearing house and distribution center for coaching aids, literature, films, research materials and rules collected from the United States and abroad.
- 7 To create and maintain research projects that will benefit all parties interested in gymnastics.
- 8 To certify and coordinate the efforts of all agencies interested in furthering gymnastics.
- 9 To plan, coordinate, and administer an international program centered around athletes' preparation, competition and friendly international exchange.
- 10 To administer the finances of the sport to raise money for new programs. To operate under the guidelines and ethics of good business.

Jacks identified problems encountered in the national administration, but not without also listing opportunities that are available to us. He covered the objectives and strategies to accomplish them. He challenged all who attended to be actively concerned about how and why the money is spent, not only because of the initial investment in membership we all make, but also the countless hours of investment made to develop the sport on all levels. The 1984 Olympic Games, and the exposure it will bring, will be an opportunity for all facets of gymnastics to grow and develop after all make the growth and development of the sport a common goal. With a standing ovation at the conclusion of the General Assembly, there was little doubt about the direction of the USGF and the goals the new USGF administration.

The Open Meeting was an extension of the General Assembly and served as a time for new program explanation. Sharon Furlson from McDonald's took the stage to give the attendance a definitive explanation of the "Hired Over Heels" program and their plans for incorporating it into our developmental gymnastics community. She highlighted the presentation with a very effective video display. In addition, an AMP sponsored presentation about "America First," a new promotional fund raising program, was introduced. Vernon Southerland, USGF Membership Director, updated and introduced new membership packages, the O'Connor and Peyton Novak from City Securities of Indianapolis presented a retirement benefit insurance program for club owners.

Dr. Mark Appenheimer, noted author of numerous books on Sport and Law, opened the morning session of the Legal Aspects of Gymnastics. A film *Failure to Warn*, courtesy of Triad Films, was shown, and concluding the session were presentations and discussions by Dr. Gerald George, Dr. Marc Rabenold, Bruce Klaus and Dr. Appenheimer.

Gary Nebert, Steve Cook, Steve Kass and Dave Dowd presented excerpts and viewed many components of a successful gymnastics business. This session summarized some of the material covered in the two-day Business Management and Opportunity Seminar, sponsored by the USGF held two days prior to Congress.



Using Scott Johnson as an example, Jim Howard demonstrates proper technique during his Congress lecture seminar. (Photo by Dave Finch)

John Tinetti, President of HighAir Productions, presented a Picture Perfect Program Promotional Package. Did I mention the 1/2 P/P? Through the beauty of video tape, Tinetti effectively conveyed the unique opportunity to utilize the 1984 Olympic Games to promote the growth and development of our sport on all levels.

The outline of Mike Jackel's opening address is available on request from the USGF office.

Lecture Demonstration

We all appreciate the intricacy and aesthetic quality of Dave Black's work in each issue of our magazine through his sports photography and art; and here, he provided those who attended his session, a simplistic approach to making gymnastics lessons fun for kids. While explaining one of the concepts to his demonstrators (from the MarvaTees developmental program) he mentioned "You know, I'm from the Rocky Mountains, so tumbling is easier because I try to go down the slopes and hills so that gravity helps -- do you have mountains to tumble down around here?" The kids thought for a moment. "We in the audience could hear a couple kids murmur, the Steamboat Mountain, then one perked up and said "Yes, we do, Mount Vermont!" Yes, gymnastics is fun.

Greg Marsden from the University of Utah, with Megan McCannell Marsden, WJ Women's NCAA all around champion, for the demonstration, prepared basics and developmental drills and lead ups for vaulting.

Wendy Hilliard, RG national team member from Detroit, provided an opportunity to get into the action and from the looks of those who were there, a lot of enjoyment and a better appreciation of Marvitic gymnastics was developed by all.



Photographer/instructor Dave Black is seen here as he explains how to enhance jumping during lecture. (photo by Mike Bolton)

Ruth Johnson, again this year, provided our coaches with an outstanding presentation combining insights from her inherent understanding and her gained knowledge. From the competitors' and coaches' standpoint, she showed the intricate and expressive components from turning a good performance into a great performance.

The Joint Certification Committee and the authors of the 1988 Junior Olympic Compulsories presented routines as the authors have composed them. All in attendance had the opportunity to do written evaluations of the routines.

For the Men's Program, Francis Allen from the University of Nebraska, utilized video tape and films of Soviet and Chinese gymnasts to evaluate new trends being demonstrated by men at the elite level. Tom Gardner from Sacramento, Calif., made a presentation concerning aspects of initiating a developmental boy's program. Max Wanasabe, the USGF Men's Developmental Director, substituted for Susan Cable in a portion of the afternoon session, explaining the development of talent as part of the Boys Junior National Testing Program.

Jim Howard, from the University of Nebraska, along with Max Wanasabe presented a session on selected skills on parallel bars, pommel horse and vaulting. National Team Members, Jim Hartung, Scott Johnson, Phil Calvey and Mark Gayland were demonstrators for this session. Alvin Grossfeld, on short notice, "ably" filled in for Bart Conner who was unable to attend, and extended a discussion on floor exercises.

Gary Anderson, of MarVaTees, discussed the structure, philosophy, and role of a pre school program in a gymnastics club. He incorporated ideas that have proved successful in the MarVaTees program.

(more on page 36)



All-star Doreen Shorrock is seen here with the president after being named co-member of the year during the banquet at the USGF Congress. (photo by Mike Jackel)



Who would have ever thought that by going to the United States you would drive home in a limo and win a \$100,000 prize? That's what the ladies winner of a 1983 Dumas Pular contest, of the Women's Cooperative, Robin Smith from Minneapolis, Minn. (Photo by Mike Anderson)

Awards

This year the Awards Banquet was a highlight of Congress. The date was set with the 1983 Athlete of the Year, inductees of the 1983 Artistic World Championship Team, Congressman Stan Parris and Chick Johnson, master of ceremonies Congressman Parris, of Virginia, made the presentations of the Athlete of the Year. This year, eight weeks prior to Congress, ballots were sent out to all athletes who competed in the 1983 McDonald Championships of the USA, to vote for one of the athletes who had made the National Team. In Men's Artistic, Women's Artistic and Rhythmic Gymnastics. The 1983 USGF Artistic Athlete of the Year are Julianne McNamara for women and Mitch Gaykard for men. The Rhythmic 1983 Athlete of the Year is Michelle Berube.

Gymnasts Of The Year, 1983
Julianne McNamara—Women
Mitch Gaykard—Men
Michelle Berube—Rhythmic

The Artistic Coaches of the Year were also chosen by their peers. With the Women's Blue Coaches Association coordinating the selection procedure, the 1983 Women's Coach of the Year went to Bill and Doris Hines from the Parkettes of Allentown, Pennsylvania. For the Men's Award Indians to vote for one of the Coaches of a 1983 Men's National

Team were sent out eight weeks prior to Congress to all coaches who qualified athletes for the McDonald Championships of the USA. The 1983 Men's USGF Coach of the Year is Francis Allen, University of Nebraska. The 1983 Rhythmic Coach of the Year was Zina Wincow, Detroit Motors. In addition the USGF wanted to recognize four individuals for outstanding service and dedication to the development of the sport of gymnastics. The recipients of the 1983 USGF Service Awards are Phil Cahoy, Sr., Robert Cowen, Debrae Dams and Dr. Gerald George.

Several of our exhibitors, Advance Athletic Equipment, AMF, Boly, Martin & Fay, GMR, J.R. Stevens Association, and Playful Parenting donated gifts that were awarded by a drawing at the Banquet. The grand prize, the 1983 Dumas Pular went to Robin Smith, "Look on Minneapolis, Here comes the judge" in a shiny new Pular.

Judging

The 1983 Judging Clinic consisted of two parts. The optional session, conducted by Jackie Lee, consisted of a film analysis of the USA/Korea Union competition, from April '83 and comparative studies of bonus parts (CW/RN/Strick). The compulsory session was conducted by Debrae Dams and included practical judging from films.

Cheryl Grace conducted a session incorporating questions and answers on various aspects of women's judging.

Bill Rosenthal and Ted Miyazaki conducted a Men's Judging Symposium. Their topics covered awarding points for R&V, the new NCAA rule (where a total of one full point is awarded for R&V in finals), discussion and interpretation.



Francis Allen isn't looking forward to the Women's Blue Coaches Association, but he is demonstrating technique during his session. (Photo by Dave Almy)

Associations

Associations which conducted membership meetings included: United States Association of Independent Gymnastics Clubs (UO Boys Coaches Meeting, High School Coaches Association, Junior Boys Gymnastics Coaches Association, National Association of Women's Gymnastics Judges, National Gymnastics Judges Association (JWG), National Association Collegiate Gymnastics Coaches—Men, National Association Collegiate Gymnastics Coaches (NACCG)—Women, U.S. Elite Coaches Association—Women.

Sport Science

Sport Science is an important part of rounding out the Congress program and the information base for our Congress attendees. Presenters this year offered a variety of concepts. Dr. John Aronson and Carmen Carlson, representing the USOC Sports

Medicine Committee, covered Sports Medicine topics and resources. On behalf of the USOC Sports Medicine Program Dr. Irving Durkin outlined goals and gymnastics research potentials from the USOC Sports Medicine standpoint.

The Biomechanics Session was made up of presentations made by Phil Chaytham, USOC Research Engineer, concerning "Common Misconceptions of the High Phase in Gymnastics Movement." Dr. Gerald George, who addressed "Bound Off Entry Vaulting and the Layout Squat Vault—A Double-Edged Sword." Terry and Paula Gschman, who covered "Practical Techniques on Balance Beam Progressions," and Mike Hines, who introduced "Computer Optimization and Design of Gymnastics Movement."

Nes Hayasaki, from Champaign, Illinois, presented a session on "Data Base Teaching," which incorporates a plan to aid coaches more accurately evaluate their program's effectiveness.

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Rhythmic Gymnastics Gaining Popularity

By Becky Bird

The 1988 USOG Congress was a tremendous success overall and especially in the area of Rhythmic Gymnastics. This year's number of RSG participants was at a record high and the quality of lectures and seminars was excellent.

Sunday at 9 a.m. the first official RSG open session took place which was presented by Dr. Zsolt Marosics on Group Rhythmic Choreography. Dr. Marosics, who had just returned from Japan where the USA Group Gymnastics participated in the World Cup along with the Bulgarian and Japanese Group Teams, showed films of the World Champion Bulgarian group routine, as well as No. 4 ranked Japan. The films also included the new US group routines, as very few people in the US have actually seen group competition, these films were enthusiastically received.

One of the points stressed by Dr. Marosics in her lecture concerning the actual choreographing of a group routine, were to keep the formations simple. Group routine is not an exercise in which the special talents of the individual gymnasts are to be incorporated, but rather a routine which is made up of skills that can be performed by all the gymnasts in harmony. Few difficult moves and formations which the group performs well is the key to success in group routine, stated Dr. Marosics.

The State and Regional Directors meeting was next on the RSG agenda. A record number of state and regional governing body members (40) were on hand to hear National Director Andrea Schmidt make the announcement that there is currently a regional director for each of the eight regions.

A main concern expressed during the meeting was even though the USOG Membership Program introduced a Professional Plus package which allows membership in both Men's and Women's Artistic programs at an overall reduced rate and without duplication of the USOG Gymnastics magazine and other mailings, a package combining Rhythmic and Women's Artistic does not exist.

The Detroit Metro Gymnastics Club gave a demonstration that was enjoyed by many of the Congress participants. Because the exhibition took place in the hotel ballroom lobby where the entry was not the required competition height, some problems were caused for the gymnasts with apparatus towers. Nevertheless these gymnasts gave a fine presentation performing individual exercises on all events and clinching with the group exhibition "Dedicated to Rhythmic".

The session on the Age Group Compulsory routines was presented by nationally-ranked Judge Maureen Broderick. Three gymnasts from Signal Hill Gymnastics Club arrived on the demonstrators. Even though the session was scheduled to last 90 minutes, this was not enough time to do justice for all of the



During her session on Rhythmic gymnastics, national team member Wendy Hillard demonstrated to Congress participants proper technique and form with the ribbon. Hillard's exercises are well liked by all present (photo by Dave Black.)

10 compulsory routines. However, Ms. Broderick did a fantastic job squeezing in as much valuable information as possible during over the difficult parts in each exercise. Ms. Broderick pointed out what the judges look for and proper technique. She stressed good body position, correct body line, body turn out, and elegance. Over and over again she emphasized the correct plans for the apparatus and gave hints and character for keeping the apparatus in those correct planes. One of the most important aspects of this session was that the lecture was geared toward teaching the beginner gymnast. Ms. Broderick relayed funny stories and clever metaphors which added much to the concept of the moves. The numerous artistic coaches who stopped by this session to "check out Rhythmic Gymnastics" benefited immensely in being able to see and understand at what level and through what means a Rhythmic Program can be added to a presently existing artistic gymnastics program.

On Sunday, October 30th at 9 a.m. the most enjoyable RSG session at the Congress took place. This was a lecture demonstration by National Team Member Wendy Hillard. Wendy is a fantastic teacher and her tremendous enthusiasm allows her to be an excellent spokesperson for Rhythmic

Gymnastics in the United States. At most lecture demonstrations which take place at the USGF Congress the lecturer will start with the basic skills, and then progress to a more advanced level. This was not the situation here. We only started with very basic skills and stayed there. With the audience encouraged to participate as there was additional apparatus. Wendy showed how to hold the apparatus where the apparatus should require an arch (ideally a body for correct apparatus use and then progressed into basic tosses). The participants became intrigued somewhat when they tried tosses with the ropes and making spins with the ribbons, however everyone had a good time and no inhibitions were allowed. The small group size and congeniality among the instructor and participants allowed even the most basic questions to be asked. Basic questions and fundamental information being relayed to artistic coaches who are interested in incorporating Rhythmic Gymnastics into their programs is essential as there are numerous persons interested in adding Rhythmic classes at their gym clubs and they really have no idea how to begin.

Norma Zabla, the FIG National Judging Director, conducted the session for Rhythmic Gymnastics Judging. She discussed the revisions and classifications in the Code of Points which resulted from the FIG Intercontinental Course which took place

this past April in Frankfurt, Germany. The requirements of the members of fundamental elements in an exercise were reviewed and it was made clear that these requirements are being evaluated as sufficient, insufficient, or absence. Ms. Zabla listed on the blackboard for each apparatus the fundamental require ments as opposed to elements listed in the "other" category.

The naming of the Rhythmic Gymnast of the year, Michelle Berube, and the Rhythmic Coach of the year, Zina Mitrova, was another highlight of the Congress. The USGF would like to thank all of the persons involved with making the Rhythmic Gymnastics aspect of Congress so successful, and to special thank you to the gymnasts who served as demonstrators.

Annual Report

Competitions—Domestic—24, International 8 (includes 1 FIG event)

Exhibitions—160 (90 percent increase from 1981-82)

Clinics—Compulsory—15, Optional 20 Judging 9 (11 percent drop from 1981-82)

RSG Clubs—61 (27 percent increase from 1981-82)

RSG Coaches—63 (51 percent increase from 1981-82)

RSG Registered Affiliates—209

RSG Judges—42 (11 percent increase from 1981-82)

RSG Registered Professional Members—47

Reports from CONGRESS

National Women's Program Committee

By Linda Chencinski
National Director

The following are excerpts from the NWPC meeting held at Congress. The minutes of these meetings will appear in a later edition of USGF Gymnastics or USGF Technical Journal. These excerpts have not been approved.

Approval pending full Board meeting

From the TECHNICAL COMMITTEE

The WTC reviewed the deductions for the Clasp (V front) squat vault. Dr. Gerald George recommended where the deductions could be changed in order to encourage a more developmental vault. Refer to your compulsory book for the following changes (p. 59):

Layout Squat

Jump full body extension prior to contacting horse. Reprise from the horse passing through a temporary squat position to establish an extended body position prior to landing.

Delete—A 1-6

Insert—A First flight—insufficient extension of body

1 Flaring knees too soon up to 50

2 Flaring at hips too soon up to 50

3 Insufficient extension of arms
trunk angle (less than 180°) up to 50

4 Legs separated up to 20

B. Support Phase

Delete— 1

Insert— 1 Insufficient extension of arms
angle at moment of contact
(less than 180°) up to 50

C. Second Flight

Insert—

1 Insufficient flight of second flight up to 10

Delete— 2

Insert— 3 Insufficient Distance up to 10

4 Insufficient extension of body before
landing up to 10

Delete— 7

The WTC had requested Dr. Gerald George to study the safety of the Round Off entry vault for the Junior Olympic Program. His findings indicate that the Round Off approach is a complex skill with a high chance of error involved. He recommended not to allow this vault for the J.O. Program. The J.O. Development

(see NWPC, page 44)

ACEP

(from page 44)

did not there simply was not enough time to devote to answering all of the questions that the major coaches posed.

There was no question of the success of the ACEP seminar. The presentations proved exceedingly beneficial. They were handled in an efficient and businesslike manner and the material was pertinent, relevant and applicable.

Evaluation and safety are two primary concerns of the managerial prospective of the "new" USGF's administrative staff. It would

appear wise to investigate the feasibility of utilizing the ACEP organization as a teaching instrument of the USGF or in some fashion develop a cohesive and integrated unity between the two organizations.

The USGF acknowledges the efforts of ACEP, and in particular the contributions of Bob Levin and Dan Gould. Your industry and dedication proved to be monumental in making the 1983 Congress one of the finest in the history of the USGF.

1983 CONGRESS EVALUATION

To prepare a convention program that meets the needs of a gymnastics community where it emerges from the national non-competitive part of the sport to the highly competitive elite level of the sport, cannot possibly be the planning of one individual or a small team of individuals. The components of the decision making process relies on input from as many individuals as are willing to make suggestions. The evaluations received from the 1982 Congress (reports published in December 1982 issue of the USGF Technical Journal) were a vital part of the planning of the 1983 convention.

For the 1983 Congress Evaluations, 75 out of a possible 940 (final count for registered attendance at Congress) evaluations were received. Of those that responded 424 persons came from the Midwest, 17.8 percent from the Northeast, 15 percent from the East, 48.9 percent from the West, 9.5 percent from the South and 4.1 percent came from the Southwest.

The Program Content received an overwhelming average or above (99.2 percent). The best presentations included Kathy Johnson (94 percent), Mike Jackle—General Assembly (21 percent) and Jan Howard, Max Wamacher and Dave Black (18 percent). Other presentations mentioned under the heading included Wendy Hillard, Gary Anderson, Frances Allen, 1983 Compulsory Presentations: Jackie Pez, Daria Best, Teaching—Rev Hayasaki, Business Sessions and McDonald's "Head Over Heels."

The Organization, Program Book and Speakers received overwhelming average to above average evaluation. One suggestion mentioned numerous times was to get the schedule and Program Book out to pre-registrants prior to their departure.

The location received an above average to average evaluation. Of the evaluations received, 73 percent responded with

suggestions for future locations. 61 percent suggested the midwest, 12 percent suggested the east coast, 24 percent suggested to rotate location from coast to coast. Some additional city locations included Indianapolis, Chicago, St. Louis, Memphis, Atlanta, Colorado Springs, Denver, Albuquerque, Tucson, Las Vegas and Salt Lake City.

The Exhibition Area received an unanimous approval with comments about improvement of facility.

The Congress Dates shaped as follows: above average date: 29 percent August, 25 percent September, 32 percent October and 14 percent No Response.

The overall evaluation of the Congress was good to best (99.6 percent) from the responses received. Some additional comments included good banquet food, more more literary demonstration, drawing for car would have been better, polished track, more good information and they are looking forward to next year.

Even though the percentage of response was low (7.9 percent), the comments were well received and will be considered in next year's planning. We need your help and input to become professionals in all contributing areas which can provide our gymnastics community with "building blocks" of information to help stimulate creative growth and development for our sport. Please send your ideas with contacts, summaries of credentials, and experience to USGF Congress '84, 101 West Washington St., Indianapolis, Indiana 46204 by February 10, 1983.

Thanks for letting us have the opportunity of working for you. If you attended the '83 Congress and even if you didn't, mark September 20-21, 1984 on your calendar. '84 Congress will be better than ever. "With the Dome as our home, and growth as our only, we will accept the challenge of '84 and begin our balance even more!"

NWPC

Committee also recommended not to allow this vote.

The Vault Regulations for the 1983-84 Season

1 Junior Olympic Program—FIG Table of Vaults including Round off entry vaults

2 Elite Program—FIG Table of Vaults

After a presentation from the vaulting committee and discussion by the WTC the following decision was reached concerning vaulting vaults—

There should be a re-emphasis on the deductions for—

- Height
- Distance
- Too long support on horse (Regulation)

The judges should also consider more closely—

- The body shape during the twist
- Timing and completion of the twist
- Direction of the flight

From the JUNIOR OLYMPIC DEVELOPMENT COMMITTEE—

The J.O. Committee was concerned with the new compulsory and their effect on the total program. Therefore they decided to have—

No mandate more up score for the 1983-84 season Class II (CIV, II, and I). (A person does not have to move to the new Class in 1984-85 if she has the mandate score as the 84-85 season.)

The J.O. Committee will continue to discuss the mandate score relative to the 84-85 season and the possibility of optional scores used to mandate.

From the EXECUTIVE BOARD—

The Women's Committee has changed its name to The National

Women's Program Committee and all Chairmen have been designated as Directors.

After evaluation of the Professional and Gold Card memberships, it was decided to return to the system to one membership which will be called the Professional Membership. The new fee for membership in the USGF Professional is \$45. The Affiliate Registration fee will remain at \$45.

An individual who coaches in both the men's and women's program can join the Professional Plus membership for \$50.

We are pleased to announce that the following awards will be supplied by the USGF—

10 Nationals	10 places
East/West Championships	10 places
Class I Regional (8)	6 places
Elite Regional (10)	6 places
Classic Meets (2)	6 places
Patches for J.O. State Meets	

Evaluation of Judges—

NWPC coaches will be receiving evaluation forms asking for their input about the judging committee. Questions concerning the number of judges for each level meet, affiliation and who you would recommend to judge State Championships are some of the questions requested. These evaluations will be used by USGF directors to help make decisions about judging assignments.

The competitive season will be Aug. 4-July 31. This allows some Regions to have only Sept. meets and will help BMF with regular 1984.

The Executive Board charged the J.O. Committee to provide uniforms for the East/West teams to Nationals.



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Only Way To Know Is To 'ASK'

By Carla Besemann
USGF Media Coordinator

On October 27, 1985 in a New York City hotel, a new concept in media relations was conceived. Media specialists professionals from various National Governing Bodies (NGBs) gathered to discuss the formation of a new organization for the sole purpose of establishing a high standard of communication between Olympic and Pan American sports and the media. (In this conference room the Association of Sports Communicators (ASC — pronounced "ask") was born.

The group discussed future goals and objectives with a view to keep each other updated on new procedures, mutually exchanging insights concerning media relations. Initiation of this concept will enable NGB media relations persons to share ideas and to learn from others instead of having to experience the same problems and painful thrashings. New innovative ideas will also be exchanged to create an inter network among the NGBs. Another objective is to assist and encourage other NGBs, including those with a full time media person, in the sports information field.

Future plans include the distribution of an NGB Media Guide which will disseminate information to the media. The media guide will include information on all the sports with media contact

numbers, a calendar of events and general overall information. A periodic newsletter is also on the drawing board. The newsletter will provide updated information on the upcoming competitions along with size, date and time information. Media accreditation information will also be included. This service will be available at spreading the word about event schedules. The effort of NGBs media person to publicize an event will be boosted immensely by such a newsletter. Formation of these plans is slated for the conference's next meeting to be held in Colorado Springs in April of 1986.

The 15 charter members of ASC include: Bill Iardeman, U.S. Equestrian Team, Pete Cox, The Athletics Congress, Bill Plummer, American Football Association, Leslie King, U.S. Amateur Boxing Federation, Carla Besemann, U.S. Gymnastics Federation, Rich Rodden, U.S. Soccer Federation, Ed Fabricius, U.S. Tennis Association, Jeff Diamond, U.S. Swimming, Inc., Ronie Clark, U.S. Amateur Confederation, Dave Carwood, National Collegiate Athletic Association, Mike Morris, U.S. Olympic Committee, Harold Skinner, U.S. Olympic Committee, Public Relations Committee, Peter Diamond and Maurice Roess, ASC Sports.

Membership into the organization is open to persons working in a full time media relations position for an NGB. The organization has the prospect of becoming a vital tool in providing the media with an easier access to information that will promote Olympic and Pan American sports in America.

Knee

(From page 14)

Jumper's knee (Fig. 5) is inflammation of the tendon at the lower margin of the kneecap. It can often be quite inflamed and swollen. In certain cases, bone fragments or bone spurs may form at the lower margin of the kneecap. Because of the jumping movements which are so common in gymnastics, this is a rather common problem. It is treated symptomatically with a brace, heat and ice contrast and oral anti-inflammatory medications. In an occasional patient, surgery is required to remove bone fragments.

Kneecap (patellar) disorders such as recurrent partial dislocation (subluxation) and maltracking are often quite difficult to diagnose. They may mimic other knee problems such as damaged ligaments or cartilage. Generally speaking, the symptoms include pain in the front part of the knee, popping or grinding and perhaps occasional buckling of the knee. The buckling in these cases, is the result of the thigh muscles suddenly relaxing when the kneecap catches.

The treatment for recurrent dislocation of the kneecap is often surgical because of the disabling nature of these recurring episodes. There are many different procedures used to correct recurrent kneecap dislocation. Most of these procedures involve tightening the front thigh muscle (quadriceps) or changing the alignment of the kneecap (patellar) tendon. Recently some surgeons have treated selective cases without surgery. The treatment for recurrent partial dislocation (subluxation) and maltracking usually involves exercises to strengthen the front thigh muscles (quadriceps muscles) and a kneecap (patellar) brace. On occasion an arthroscopic procedure to lessen the outward pull on the kneecap is performed. This procedure is called a lateral retinacular release.

Another common knee problem in young athletes is called sports or Osgood-Schlatter's disease (Fig. 6). This problem presents as swelling, aching and tenderness at the insertion of the kneecap

(patellar) tendon into the prominence below the knee (tibial tubercle). This involves the opposite end of the kneecap (patellar) tendon as jumper's knee. The cause of the inflammation is traction on the open growth plate of the prominence (tibial tubercle). The treatment of this condition in past years included casts, injections, surgery and often restriction from all sports. The approach now most often used by physicians treating this condition is to allow the athlete to continue to train and compete. Most young athletes with Osgood-Schlatter's disease can be treated with oral and anti-inflammatory medications, heat and ice contrast therapy and an Osgood-Schlatter's brace to prevent direct blows or pressure on the prominence (tibial tubercle). The condition is relatively harmless and is self-limited in that it will resolve as or before skeletal maturity. An occasional residual of the condition is an enlargement of the prominence below the knee (tibial tubercle) or the development of loose bone fragments which persist after the completion of growth. In rare cases surgery may be required after skeletal maturity to correct these residual difficulties.



Figure 5

USA Rhythmics Honored By Wacoal Invite

By Ellen Nyemcsok

It was quite an honor for the USA Rhythmic Gymnastics Team to be invited to the Japan Wacoal International Rhythmic Gymnastics Competition. The only other country invited for this event, sponsored jointly by Japan, was Bulgaria, the current world champion team in Rhythmic Gymnastics.

The Wacoal Cup competition offered an excellent opportunity for the US Team to test its present status with two of the strongest teams in the world (Bulgaria and Japan) in preparation for the World Championships.

Our 12-member US delegation consisted of: Head of Delegation—Ellen Nyemcsok, Head Coach—Zina Mironov, Assistant Coach—Rosa Lovrovski, and President—Jacques Vogelizer. Individual Competitors: Michelle Bernick, Lynn Breen, Group Competitors: Wendy Holland, Stacy Gundersen, Amy Schatz, Karen Lyon, Elizabeth Gail, and Kim Salas.

We departed the Los Angeles airport noon, Thursday Sept. 15 after a 10 and one-half hour flight, we landed in Tokyo at 4 p.m. Friday. Upon our arrival, television cameramen greeted us. Mr. Kishida, Mayor, Chairman of the Wacoal Cup Competition and Vice-President of the Japan Federation welcomed us with a bouquet of flowers. Our host, Mitcho, was introduced to us. He would serve as our interpreter for the next 10 days, which would include exhibitions in several cities in addition to the planned competition.

We were then taken to the Alaskan Hotel where a press conference was held, followed by meetings discussing the schedules for the tour and the competition.

THE 1983 WACOAL CUP

TOYOKO Competition

Sept. 21, 1983

Toyoko, 2 Gymnasium

FINAL RESULTS

INDIVIDUAL	HOOP	BALL	CLUBS	RIBBON	TOTAL
1. Lita Ignatova, BUL	9.75	9.75	9.50	9.50	38.50
2. Aneta Andreanova, BUL	9.75	9.75	9.50	9.75	38.75
3. Mikayo Yellu, JPN	9.50	9.50	9.50	9.50	37.50
4. Tetsuro Okawa, JPN	9.50	9.50	9.50	9.50	37.50
5. Yokoichi Iwano, JPN	9.50	9.50	9.50	9.75	37.75
6. Michelle Bernick, USA	9.00	9.00	9.00	9.00	36.00
7. Christa Hanks, JPN	8.75	8.75	8.50	9.25	35.25
8. Lynn Breen, USA	8.50	8.50	8.50	8.50	34.00

GROUP	RITUAL	COMPOSITION	EXECUTION	TOTAL
1. Bulgaria	1	9.75	9.75	19.50
	2	9.50	9.50	19.00
		TOTAL		38.50
2. Japan A	1	9.75	9.50	19.25
	2	9.75	9.50	19.25
		TOTAL		38.50
3. Japan B	1	9.50	9.75	19.25
	2	9.75	9.75	19.50
		TOTAL		38.75
4. USA	1	9.50	9.00	18.50
	2	9.00	8.50	17.50
		TOTAL		36.00

RANK

TEAM	BULGARIA	JAPAN A	JAPAN B	USA
POINTS	77.500	76.250	78.000	72.000

The following morning we left Tokyo via bullet train, for Osaka the first of three cities scheduled for exhibitions. The Mayor of Osaka and the President of the Osaka Gymnastics Federation greeted the delegations. A formal reception ceremony and banquet was held in honor of the visiting teams that evening. The following morning a short practice session was scheduled and that afternoon the exhibition took place. At this first exhibition the performing teams were feeling rather tired and tense. No doubt this was due to jet lag, travelling between hotels and clinics and adjusting to a different cultural environment. Two Bulgarian and two US gymnasts dropped their apparatus while performing and the US group routine lacked some consensus. However, the spectators filling the gymnasium to capacity were very receptive and appreciative of all the performances.

After the exhibition, crowds formed a pathway for the departing delegations. As the team members walked past, spectators reached out politely to shake hands. The youth were very excited to receive



Kim Salas, shown above, is among a recent hoop master, and a member of the USCF squad that attended the 1983 Wacoal International Invitational. The 17 rhythmic team gained useful experience during the preliminary event.

an autograph. As the bus pulled away from the exhibition site the crowd remained and waved goodbye.

At the next two cities Kyoto and Kanazawa, similar procedures for receptions, inspections and scheduled performances occurred.

In Kyoto, the performances of all the teams improved. In Kanazawa, the last city scheduled for the exhibition, the teams performed best; the US Team, particularly, displayed an overall feeling of confidence.

At the World Cup Competition which was held in Tokyo, the exciting routines of the Bulgarians captured the audience. The Bulgarian team displayed a new style of dance composition compared to that seen in previous world championships. Their latest routines showed classic dance movement mixed with very modern-styled intervals. A ball routine done to Spanish style music by Aneta Palenkova, combined such elements as extended rolling movements with short, quick modern body contractions and leg movements to accent her expressions. Lilia Ignatova displayed a playful air with her club routine as she combined difficult back flips which shape arms and tilted catches behind her back. Such combinations as dynamic toises with two rolls to a backhand catch slow controlled balance poses with soft-touching accents contrasted with snail-like, fast, pumping movements all contributed to the characteristic of their unique style. Lilia and Aneta tied for first place all-around receiving scores of 98.85.

The Japanese team had a dynamic, open style of movement. Toises with wide body movements, large dipping and body waving catches with original leg swinging movements used in combinations between poses added to the character of their style. Strong rhythmic, such as a James Bond theme (used by their national champion), projected this dynamic effect. Hiroko Yamazaki, the national champion, scored 9.60 in the hoop and ribbon events and 9.75 with the clubs. Errata in the execution of the ball routine lowered her score to 9.60 in that event. She placed fourth all-around with a score of 97.64. Erika Akoyama performed quite consistently, scoring 9.45 in hoop and clubs and 9.50 in the ball and ribbon events. She placed third in the competition with a score of 97.80.

The US displayed a smooth-flowing style of movement with jazz accents ranging throughout. Rolling music with playful tones underlined the American style. Michelle Berube, national champion, performed an impressive hoop routine showing a soft, flowing feeling in the beginning, progressing to a faster, stronger escape routine. Several toises with varied jumps through the hoop led her to conclude softly with an ending hoop-roll and a pre-acrobatic extension over it. In the club event Berube scored a 9.55. Here she displayed clean manipulative skills with difficult catches and small flipping movements accented the routine throughout. In the ball event, Berube had two major losses, one out of bounds, however, despite this, she scored a 9.60 all-around, averaging 9.10 in each event. She placed sixth in the competition.

Lylla Iliev performed clean, consistent routines. Her originality showed in the hoop event when she jumped over the hoop and spun it with her feet, later in the routine she tossed the hoop and caught it in the middle of a backroll chest roll. This brought enthusiastic applause from the audience. She scored a 9.40 in this event. Here had one loss in the ball event, but she scored a 9.65 all-around still averaging above 9.00 per event. She placed eighth.

In the Group Team competition the Bulgarians were once again in their performance placing first with composition scores, averaging 9.75 and execution scores averaging 9.60.

The Japan Group Team performed a clean routine, scoring 9.45 in execution and 9.70 for composition.

The US Team scored 9.45 for composition in the group event. Contrasting some parts of the routine kept the execution score at an 8.85 average. However, due to the short time the Team had during the season to work together as a group, this was no conflict standing. The US Team had only two weeks prior to this competition to rearrange a group routine with new music and with some new members.

As a result of the World Cup Competition, a positive feeling of confidence was attained that with more time scheduled after the games together, the US Team could expect to achieve a good standing in the World Championships.

DREAM

(from page 26)

right. I did learn, however, that confidence on your daughter's score on this level is generally not good.

Stacy's face was buried again but this time it was to hide the tears. What a dream, change from the earlier visit! Although I myself wasn't really upset, my daughter's disappointment revealed my emotions and her of sadness except in a lamelike she waited to prepare for the beam. No matter what anyone else feels it is the one person of apparatus that I distinctly did not care for. It is beautiful to watch when it's not your daughter both competitively and physically it strikes fear into my heart. One mistake and scores tumble, one mistake and little girls tumble.

Four Stacy, of all things to have to compete on now. She was down when it came to the water waved across the floor. She climbed up and around the bleachers, she got off she got on, she flipped until I was ready to have a fit. I was ready for anything. Memories of Stacy's wiggly performance at her first meet brought fear of a complete catastrophe on the beam. How would such handle it? Would she cry? Would she be flipping off? Would she get back up?

Stacy's turn came. She presented herself on the pidge, positioned herself for her mount. Phase let her stay on for at least her mount, I prayed. Up she went. She was on and up on the beam. There was no wiggle at all, a slight hesitancy on the forward roll but not. There it was suddenly over, she had finished, no falls and it seemed easy. It was a 7.55 very good for Stacy and very acceptable. Brief swept through my mind, body and heart. This left only the floor exercises. The floor exercises are the worst event for parents. For although there are certainly difficulties and dangers in the higher levels, beginners routines are basically safe,

or at least it appears that way. As Stacy moved to her next event she seemed content again. She was not really happy but seemed to accept her role. I believe it was after that beam event that Stacy became a genius. In one brief moment of time she had the thrill of victory and agony of defeat and through this had become the competitive athlete. She sat on her chair waiting her turn she was intent on scribbling on a pad. At this point we had no concept of what she was doing. Only later did we learn she was asking her score up to see what she needed for a 32.00. A score she apparently wanted to make.

As Stacy marched to present herself to the judge, she had that air of confidence that permeates a performer. A broad smile caused the judge, who appeared quite stern, to smile in return. After receiving the appropriate nod of recognition Stacy positioned herself on the mat to begin her routine. The judge leaned over and made a comment to the score and they both nodded in agreement.

Stacy performed her routine with an air of someone who loved her sport. Her smile remained and she flowed across the floor. It didn't matter what the score was. I knew my daughter loved her sport and she was happy to be competing. Her score was an 8.5 an excellent score for her first big meet. Stacy was very happy. Daddy was very happy. At last it seemed the whole world was very happy. There is an excitement of emotion that grabs you and leaves you when you know you have accomplished what you have always wanted to dream that now seems to be possibly coming true.

Stacy missed qualifying for the state meet by four (4) tenths of a point, but even that was lost in the reality that Stacy had balanced on her dream.

USGF ORDER FORM



Special Offer

The USGF is, for a limited time, taking orders for the FIG Bulletin. This quarterly publication contains international gymnastic updates of the following nature:

- 1 List of Official FIG Events
- 2 Supplements, modifications and revisions of the FIG Technical Regulations
- 3 Reports by the President of the FIG and FIG Committees
- 4 Proposals made by the Federations
- 5 Minutes of FIG Meetings
- 6 Communications from the Secretary General
- 7 Competition results

Please send a check payable in the amount of \$25.00 per subscription, to the USGF. Orders will not be accepted after January 1, 1984.

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